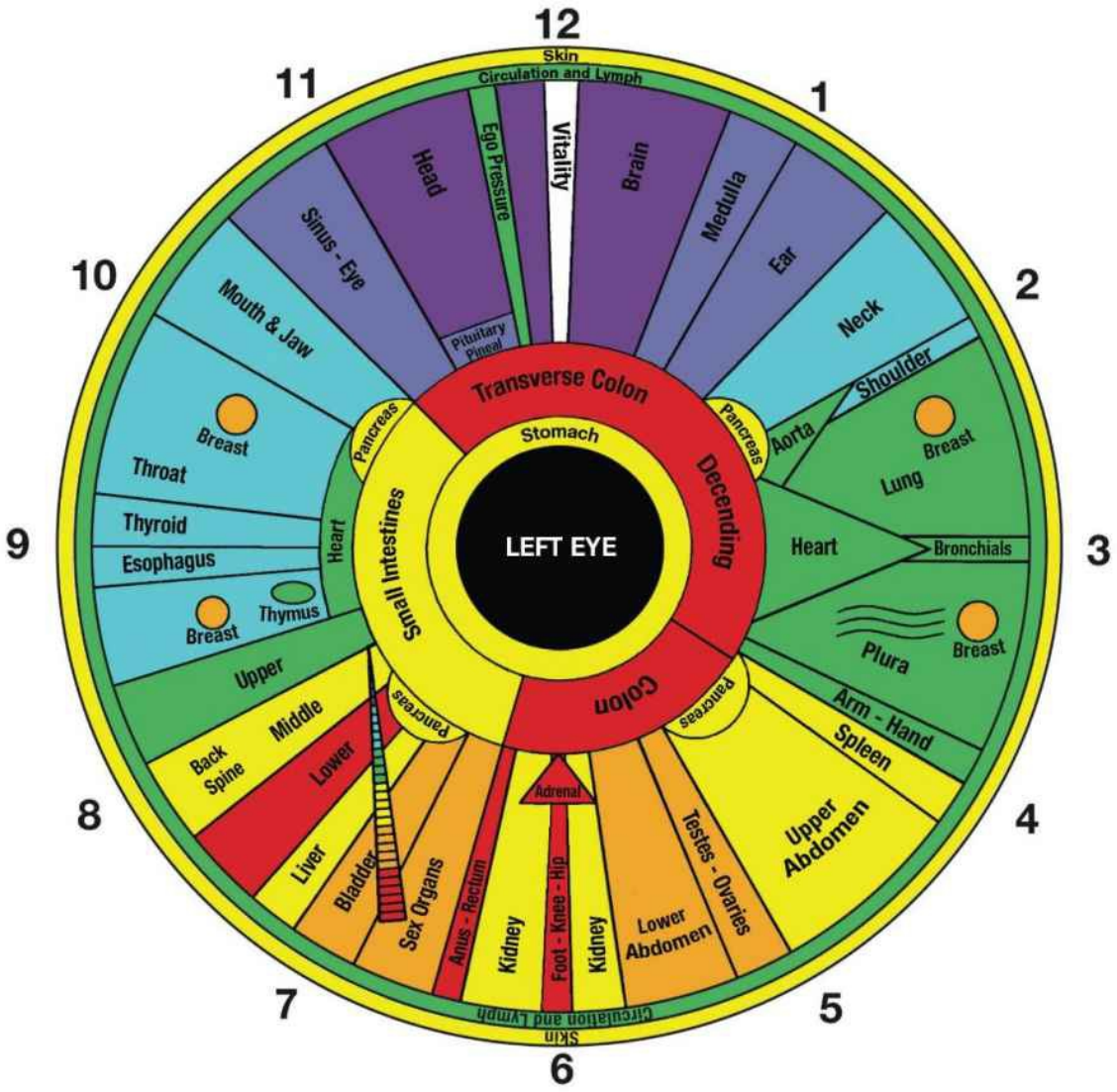
Iridology Textbook
The Core Curriculum

Iris Analysis Courses 1 and II
For IIPA Certification

Betty S. O'Brian, M.S., N.D.



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Other books by the author:

Six Weeks to a Healthy Lifestyle
CAUSATIONS: Using Sclerology to Clarify Iridology
GOING GREEN…the Smoothie Way
IRIDOLOGY: Color, Light and the Chakras

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O'Brian, Betty.
Iridology Textbook: the Core Curriculum
1. Health and Wellbeing
ISBN 978-1502492708
Illustrations by Mary Reed Gates Many thanks to friends and colleagues in iridology who have taught me so much and made this handbook possible for my students. The 21st Century pioneers in this field are truly dedicated,

caring and persistent individuals with a passion for the field of iridology and sclerology. I am
especially grateful to Ellen Tart Jensen who has lovingly and tirelessly paved the way for all of us to become more professional and better respected in our own communities.

Forward

Welcome to an exciting adventure into the world of the iris and iridology and a brief look into other eye sciences, such as sclerology and Rayid. Although this course will focus on iridology, I like to refer to iridology and sclerology together as "God's Little MRI." Sclerology is the study of the red markings in the white of the iris, or the sclera, and today most Iridologists also use sclerology in their analysis. We can observe some acquired changes in the sclera, so a complete analysis will incorporate both studies.

One can never learn all there is to know about the eyes; in fact, we are living in a time of Renaissance throughout the whole world. Excitement is brewing! Don't be afraid to put your name in the telephone book under "Iridology," for people will be looking for you there. Let people know what you do, and word will spread throughout your community. Later in this manual, we will discuss some ideas to help you set up a practice in your home or office.

Much has been said about what iridology can and cannot do. Perhaps the most important thing to remember is that this work is wide open to research and exploration, and that you are here at its reawakening.

Research in iridology has delved into Spiritual Iridology, Time Risk Iridology, Emotional Iridology, Space Risk Iridology and in- depth studies of the pupil as well. Using the patterns of the eyes, a Rayid practitioner can determine the essential core of your personality type and interesting similarities between you and others with your eye patterns.

Learning about Rayid consumed me when I attended a workshop given by Denny Johnson who is the formulator of Rayid; I heard him say these beautiful words: *"The iris shows the dynamic field of living consciousness that is not only the map of the internal body, but a map of layers of vibrationally placed, mathematically perfect levels of consciousness around you that is designed to be your yolk and eggshell until the eternal "you" is capable of being born and flying away."*

Each of the above studies is a separate element in the iridology puzzle, and even though it is an ancient art and science, we are in the infancy stages of study. The eyes truly are the windows of the soul and can give us such insights into the emotional, spiritual and physical aspects of each person we see. Each time you look into the eyes of another, keep in mind all of the connections you are making…to the soul, to the heart, and to their inner being.

The insights from studying the iris and sclera signs will help one improve his or her health and to make positive changes in all areas of life. These pieces of information may be useful in helping to better understand one's family, partner and associates. Iridology provides us with clarity on many levels as the iris patterns help the practitioner identify the cause of a problem or to recognize the contributing pathways to a particular symptom. It is an adjunct tool for all modalities, chiropractic, homeopathy, naturopathy, herbalism, and all other eye sciences such as optometry.

Optimatrix: Mapping Health Through the Eyes

Studying the eye to discover what might be happening inside the human body is not a new idea; Egyptians, cave dwellers, and American Indians have all left us parts of the puzzle concerning the importance of the eye as a "window" into the body. In Luke 11:33 (remember that Luke was the physician in the Bible), Jesus says, "Your eye is the lamp of your body; when your eye is sound, you whole body is full of light: but when it is not

sound, your body is full of darkness." What if God provided us with a way to decipher our genetic patterns, showing us what needs to be built up in the body and what might need subduing? What if we could discover this information before the issues manifested in the physical?

Have you ever taken a really close look at your iris in the mirror? Those individual iris fibers are blood vessels with pigments, protecting the eye in varying degrees, depending upon the amount of cultural sun exposure in various parts of the world. The threads or fibers radiate outward from the pupil. The shape of the pupil gives information about the central nervous system and the spine. And where you see spots or openings, there may be a corresponding organ or tissue that needs relief or support. Have you ever wondered what those "blood shot" eyes reveal? Those red lines are very important to understanding what is happening in present time – the iris shows us genetics, inflammation and degeneration, but the sclera (white of the eye) reveals acquired stresses as well.

The patterns of the iris (colored part of the eye) and sclera (white part of the eye) provide insight into one's health. Iridology is the analysis of the iris to discover a person's inherited strengths and weaknesses. Sclerology, the analysis of the red lines in the white of the eye, shows us current states of congestion and irritation. Rayid delves into much more than the physical aspects of Optimatrix; it focuses on personality and relationship styles and is useful in uncovering emotional connections to physical ailments. While each individual eye reveals unique information, Optimatrix is not a complete system within itself. True healing encompasses an integrated, balanced program which might include nutrition, herbs, essences, homeopathy, energy work, oils, etc. Chiropractic adjustments, massage, reflexology, Reiki, blood tests or surgery might be other important avenues to healing. As even our allopathic medical physicians move away from a pure science model to the "art" of medicine, the study of the eye will gain in popularity as a non-invasive window into the patterns of emotional and physical wellness for each individual.

A naturopath who uses iris and sclera analysis takes case histories from clients, listens to their symptoms, if any, and tries to access the origin of their problems. Then the Optimatrix specialist will photograph their eyes with a digital camera and immediately put it on the computer screen. Voila! The client can see his or her own beautiful eyes in full color and follow a basic map to understand some of the physical and emotional contributors to specific problems. Different dots, rounded openings, dark streaks in the iris (colored part) or pointing red lines in the sclera (white part) offer clues to understanding a person's inherent and acquired health, behavior, and relationship imbalances.

Dr. Bernard Jensen, the Father of American iridology, taught that there are only two true iris colors, blue and brown. What we call "hazel" or "green" eyes are some combination of the two. In iridology today, we divide the basic iris types into blue, brown and mixed. Certain potential health patterns dominate in the three main iris constitutions by color: blue or L*ymphatic,* hazel or *mixed Biliary*, and brown or *Hematogenic*.

Lymphatic eyes are blue, and these individuals are more likely to have drainage problems: kidney, lymph, and all mucus membranes.
Mixed Biliary eyes are hazel; more inherent weaknesses appear in the digestion, the bowels, and the autonomic nervous system.
Hematogenic eyes are brown; this type is likely to have more silent pathology such as high blood pressure, blood sugar problems, blood anemia's and bowel issues.

Farida Sharan, director of the School of Natural Medicine in Boulder, CO, says about these various constitutional patterns: "The patterns help us to understand the causes of our imbalances and illnesses. We learn that we are not alone in the way our body is aging or developing disease. . . *the system is for educational purposes, not for the diagnosis of disease*." But if we know by seeing that our nervous system is weak or that our adrenals are stressed, we have the opportunity to make lifestyle changes that will offset future health problems. We can begin to bring ourselves

into balance. She once asked one of her teachers, Dr. John Christopher, "What is our main purpose as an iridologist?" he replied , " It is my sincere belief that we prepare our patients for better things to come." Learning the patterns of our health through the study of the patterns in the eyes can show us how to have a healthier future by reinforcing what is weak and nurturing what is inherently strong.

It will become increasingly obvious in the future that emotions cannot be separated from the diseases that affect our lives. Although the use of iridology is still somewhat foreign in the United States, it is gaining its deserved respect and is now making a name for itself in the alternative health field. Universities study iridology; medical doctors use it.

The beauty of this natural system of analysis centers on the notion that all bodies are beautiful and that there are many paths to raising vibrational levels and balancing the whole person. Knowing what patterns you were born with can be step number one in a marvelous healing path toward emotional and physical wellness. If you want to learn more about these fascinating ways of studying the body and human nature, you might want to read *and study* some of the books listed in the addendum to this manual.

As members of the International Iridology Practitioners' Association, we communicate with iridologists all over the world. Medical doctors in Taiwan, Italy and South America are studying and using iridology. In the Philippines, iridology is widely used by naturopaths. Dr. Bien of the Philippine medical association wrote: *"It is the policy of the state to improve the quality and delivery of health care services to the Filipino people through the development of traditional and alternative health care and its integration into the national health care delivery system. The intent of this policy is to promote and be able to provide an array of affordable, accessible and effective traditional and complementary /alternative health care options for our people to choose from."*

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CHAPTER ONE: THE SCOPE OF IRIDOLOGY

What Iridology Can and Cannot Do

In the 21st Century, much research is being done to validate what we see in the iris, and beliefs are changing rapidly. Even today, there are "iridologists" who make rather outlandish claims about things they see in one's eyes, such as tumors, parasites, and worms. In IIPA, the certifying board for iridologists, only what we know to be true is applied; it is unnecessary to use scare tactics with our clients when what they most need is comfort and reassurance and guidance from an honest and caring point of view.

Perhaps the most important thing to remember is that we are not iridologists to sell herbs or vitamins. We have learned an art that allows us to counsel a person, to guide him or her out of "dis-ease" and into health. We hold sacred the information that we are given in order to help others and have an amazing opportunity to help ourselves and others work with what the body is telling us instead of against us. In natural medicine, anything is possible. Iridology provides a means to look into

our heredity and our acquired weaknesses; it shows us how to pick up the things that are low and what needs to be subdued as well. The idea *that the sins of the fathers are visited upon the children* is echoed in iridology, as we cannot escape our inherited patterns completely. Iridology provides insights into what needs "regeneration" instead of what must degenerate. Constitution means both genetic and acquired patterns, but it does not mean that disease is inherited; only the predisposition is inherited.

Ralph Waldo Emerson said, "I become a *transparent eyeball*-I am nothing; I see all; the currents of the Universal Being circulate through me-I am part or particle of God. …I am a lover of uncontained and immortal beauty."

And, to emphasize the Biblical reference to the eye being "light," Dr. Bernard Jensen said that the job of the iridologist is to bring light into dark places. So today whenever I hear the term "light bearer," I always think of Dr. Jensen's beliefs about iridology.

With iridology, people can see which channels are blocked or sluggish in their bodies: Is the lymph draining? Are the sinuses clogged? How about the bowels; is there accumulated mucoid plaque or toxins? What needs to be stimulated? On the other hand, if we see white or light, raised fibers in the kidneys or lungs, the body may be fighting an acute infection.

How important is the iris? It is really the brain facing the outside world. It is like a hologram, a tiny computer screen, illustrating not only ones genetics, but his or her current state of health. The iris is full of nerve fibers which direct us to stressors in the body and which show emotional patterns as well. It "enlightens" us as to whether a person needs gentle cleansing or strong herbal therapies. Some might need more activity, others more rest. It is both a science and an art, as no two iridologists will give exactly the same report…but they may both be right.

Today, "terrain" is a hot button for medicine, alternative and allopathic.

A professional Iridologist (CI), might be considered an “interior ecologist.” So when a person comes to us for an iris analysis, we take notice of the ecology, the terrain, of the particular body. Are the iris fibers tight and drawn (neurogenic)? Maybe it is loose and floppy (connective tissue). Are there pigments which might indicate distress, both physical and emotional? What about contraction furrows; how does this person handle stress? Another thing I learned early on in iridology studies is that if there are more pigments and/or nerve rings, more markings, in the right eye, the person’s issues are related to the father or male figures. Concentrated markings in the left eye point to the females in a person’s life, usually the mother. It has been suggested that pigments might accumulate on the side a person usually sleeps on at night.

It is information such as the above that we will continue to discover about this amazing science. Much is being done to detect certain signs associated with cancers, for example, but as of this writing, it is in very early stages of research.

What **cannot** be assessed through Iridology?

Bacterial infections
Fungal infections, including Candida albicans
Psoriasis
Parasites
Gallstones
Kidney stones
Pregnancy – There are signs, but this is not completely accurate. Length of life
Loss of organ via surgery (anesthesia interferes with nerve conductivity)
Cancer
Diabetes

Legal Wording

Iridology does not diagnose but instead analyzes or assesses predispositions and genetic inheritance. We might indicate that in similar iris types, thus and so has occurred. Because at this point in most countries, iridology does not have governmental regulation or acceptance, it is best to make suggestions rather than prescriptions!

Also, always ask permission to look into the eyes of another; you enter a sacred space as you photograph or view with a light another's iris. Suggest dietary changes or herbal formulas; help people learn about a better way of eating. They will come back to you for years to come with gratitude for all of the ways you have guided them to improve their lives.

Most professional iridologists have their clients sign a disclaimer acknowledging that they are not medical doctors. An example might simply be worded such as this one:

At _____we believe in the use of foods, nutrients, herbs, homeopathy and other natural therapies such as exercise, relaxation, spinal adjustments, reiki, and yoga to help the body restore health and maintain itself in optimal health.
_____ is concerned with you as a whole person; we are not a medical facility and do not diagnose or treat any diseases.

Signature_____

Health Equation

Bill Caradonna developed what he calls the **"Health Equation": Health Status = Physical Inheritance + Environment (Diet & Lifestyle) + Emotional/Spiritual Health + Age**

To break down this equation:

Physical Inheritance: what we receive from our ancestors as reflected in the iris of the eye.

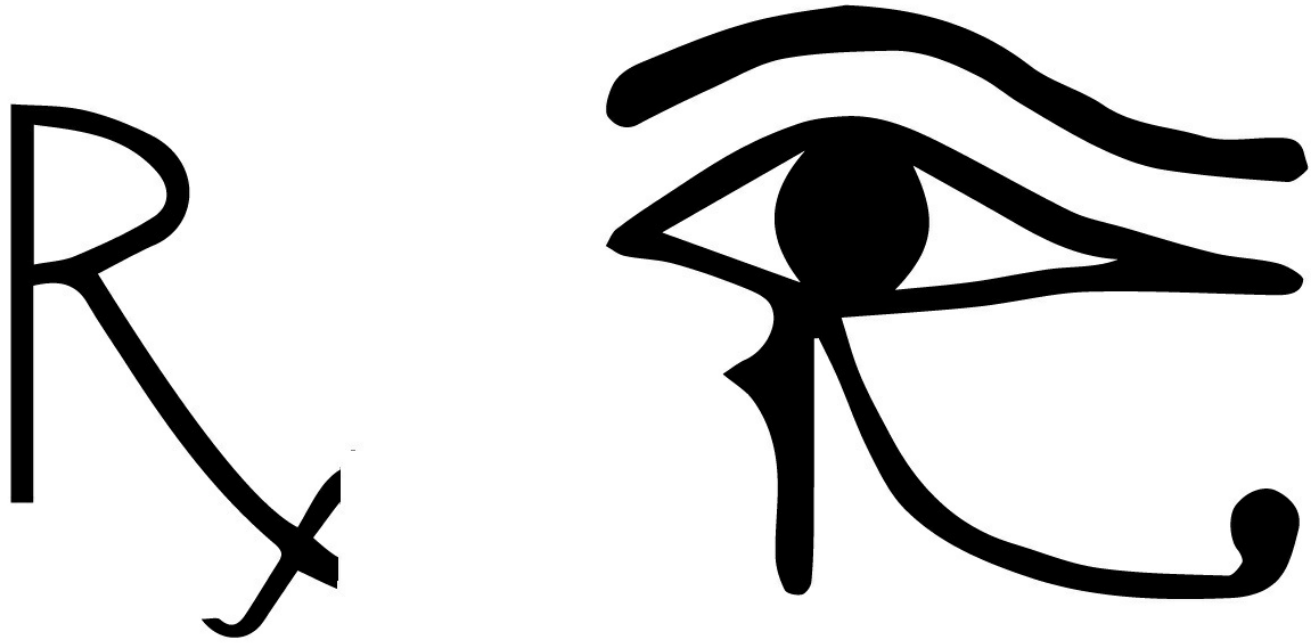
Environment: how we were taught by our families and how we have chosen to care for our bodies and spirits through diet, exercise, spiritual development, etc.

Emotional and Spiritual Health: are we connected to our feelings and our spiritual growth and development as human beings (not just human doings).

Age: age does take its toll. Are we vibrant 70 year olds, or tired 40 year olds? How much of it is our choice? All of this together contributes to the status of one's health. A trained iridologist can initiate a client's journey toward a younger- feeling, more alive and connected health picture.

History of Iridology

The term *iris* stems from the Greek language and means rainbow or halo. Since the iris is like a halo of color around the pupil and can be of many colors, this really fits. Observe this illustration from Ancient Egypt…the Eye of Horace. " This highly stylized eye of the falcon-head, solar and sky god Horus (the Latin version of *Hor*) is associated with regeneration, health, and prosperity. Also is has become associated with the esoteric and the occult.
Another name for the eye is *udjat* or *utchat*, meaning 'sound eye.'" (from www.Themystica.com).



As you can see in this illustration, our symbol for medication stems from ancient Egypt, over 5000 years ago! Iridology isn't such a new science after all. Pictures of eyes on early papyrus and mentions of the eyes and health in the Bible reinforce this ancient history.

Asians have used the Iris and Sclera for thousands of years to interpret health. The Chinese from ancient times studied the eyelids, whites of the eye, pupil, and iris, just as they study the tongue and the head. In ancient Greece, Hippocrates, the "Father of Medicine," stated, "Behold the eyes and behold the body." Certainly this reinforces the Biblical idea of the eye being the light of the body, the window into our inner world.

The iridology we use today stems from the Europeans of the 19th Century. There were those who brought iridology practice to the United States in the early 20th century, but conflicts between the U.S. during the World Wars stymied communications among countries. In the U.S., Dr. Bernard Jensen continued to research and teach iridology to all who would learn. As a consequence, "Modern Iridology" came to the U.S. later than Europe and Russia and Australia. As you will see below, while there are differences in the American and European model, both have many valid teachings; the main differences are in terminology and in the depth of research. IIPA has adopted what is known as Comprehensive Iridology, incorporating the best of both teachings.

European Founders Include:

1. Ignatz Von Peczely, MD, 1826, Budapest, Hungary
2. Pastor Nils Liljequist, 1851-1936, Stockholm, Sweden
3. Pastor Emmanuel Felke, 1856-1926, Kladen, Germany
4. Rudolf Schnabel, 1882-1952, Cologne, Germany
5. Joseph Angerer, 1907-1994, Passau, Germany
6. Joseph Deck, 1914-1992, Ettlingen, Germany (Angerer's colleague)
7. Theodore Kriege, 1900's, Germany, a student of Schnabel, Angerer and Deck

Australian Iridologists
1. Dorothy Hall, 1980's, Emotional iridology pioneer 2. Toni Miller, present, foremost Australian iridologist
US Founders

1. Dr. Bernard Jensen, Chiropractor, 1908-2001, Escondido, CA
2. Harri Wolf and Bill Caradonna, 1980's – present, bridged European and American and formed an organization for iridology NIRA, now known as the International Iridology Practitioners' Association, to certify practicing iridologists and to uphold certain standards among practitioners.

For an in depth look at the history of the masters of iridology, read Ellen Tart-Jensen's book, *Through the Eyes of the Masters, A History of Iridology.*

American Iridology Model and Comprehensive Model

It is not so important for us to review the "American model," practiced throughout the U.S. for the latter part of the 20th century, except that there are still many people who use this model which has been clarified and greatly improved upon in the last 30 years. IIPA Certified iridologists accept certain principles: the eyes are your blue print, so fundamentally, the structure does not change and that we use iridology to try to prevent inherent weaknesses from manifesting in the body. Most iridologists employ the use of herbal formulas and natural therapies to help their clients prevent disease.

One of the goals of modern iridology is to move away from "disease," and pointing out every weakness in people who seek our help, to helping them achieve wellness by teaching them how to build their bodies with nutritional and emotional health.

AMERICAN MODEL (OLD) COMPREHENSIVE MODEL (NEW)
Absorption Ring Pupillary Ruff Autonomic Nerve Wreath Collarette

Cholesterol Ring/Sodium Ring Lesions

Lipemic Diathesis/Corneal Arcus Lacunae
Lesion Lacuna Lymphatic Rosary
Murky Eye/Dishwater Eye Nerve Rings/ Stress Rings Psora or Drug Spots
Radii Solaris/Parasite Lines Rheumatic Eye

Scurf Rim
Strong Constitution

To phi, Flocculations , or Hydrogenoid Do not use/could be Biliary
Contraction Furrows
Genetic Pigment
Radial Furrows
Febrile Subtype

Scurf rim /Subtype by Color
Neurogenic Subtype
Toxicity Genetic Pigments Weak Constitution Connective Tissue Subtype

Changes in the Iris

The iris is "accumulative, not dispersive…we gain new markings during the course of our lives, but the structure and color stay basically the same; irises can appear lighter or darker due to the fluids (Aqueous Humor) of the eye, which are 98% water.

So here are a few basic changes that do occur:

Fibers may appear lighter or darker
Corneal Arcus may appear
Pigments might pop up, seemingly overnight, but usually before 7 or 8 years old. Pupil size and shape change. Pupils may flatten or become distorted. Transversals may appear, and transversals may become vascularized.

CHAPTER TWO: CHARTS AND ZONES

Review of Iridology Charts

Search online to find that there are many, many iris maps; it is important to use an updated chart that is well recognized. I recommend the charts of Ellen Jensen, Micki Jones, and Toni Miller. We will be using a simplified iris chart I developed, but I can provide other charts for your use in the future if you like, and you can purchase the charts from the IIPA website marketplace: www.iridologyassn.org. Each of these charts agrees that the iris mirrors the body: feet at 6:00, head at 12:00, lungs on the outside at the middle, etc. Good sources for charts include:

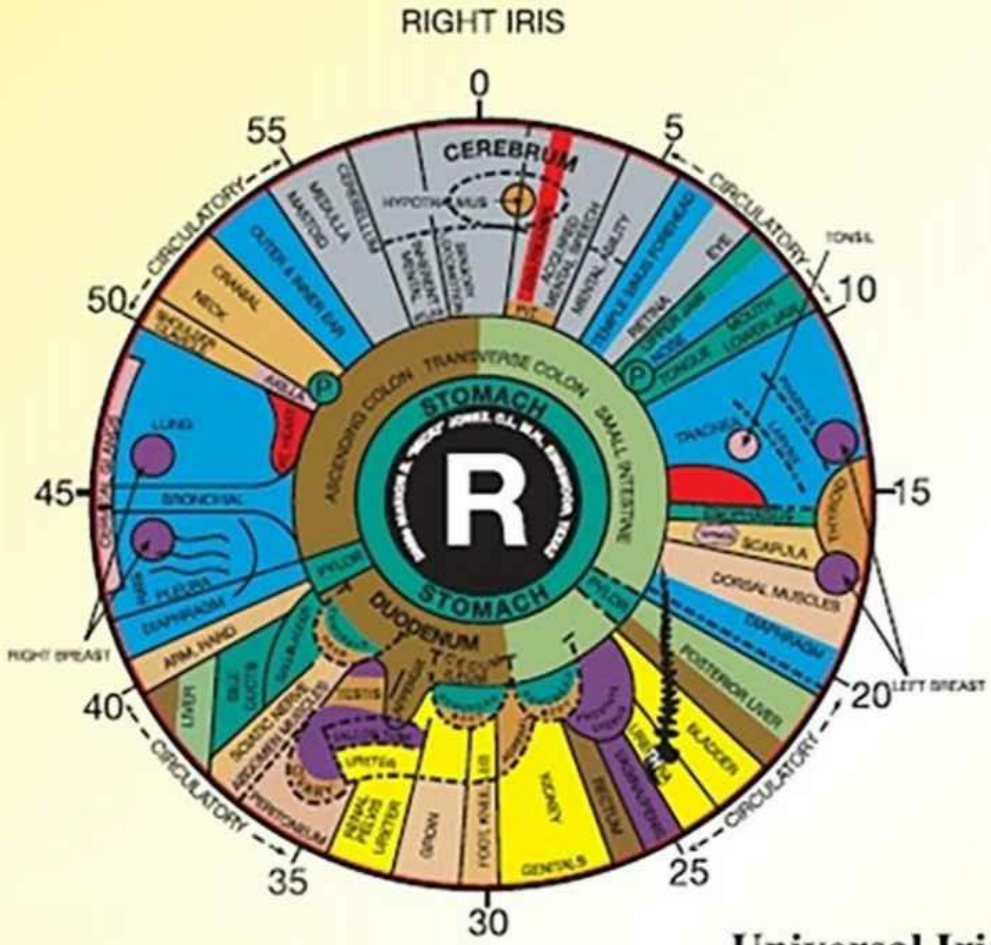
Jensen – www.bernardjensen.org
Miller – www.iridologyonline.com
Mehlmauer- www.grandmedicine.com
Jones – www.iridology.com
Sharan – www.purehealth.com

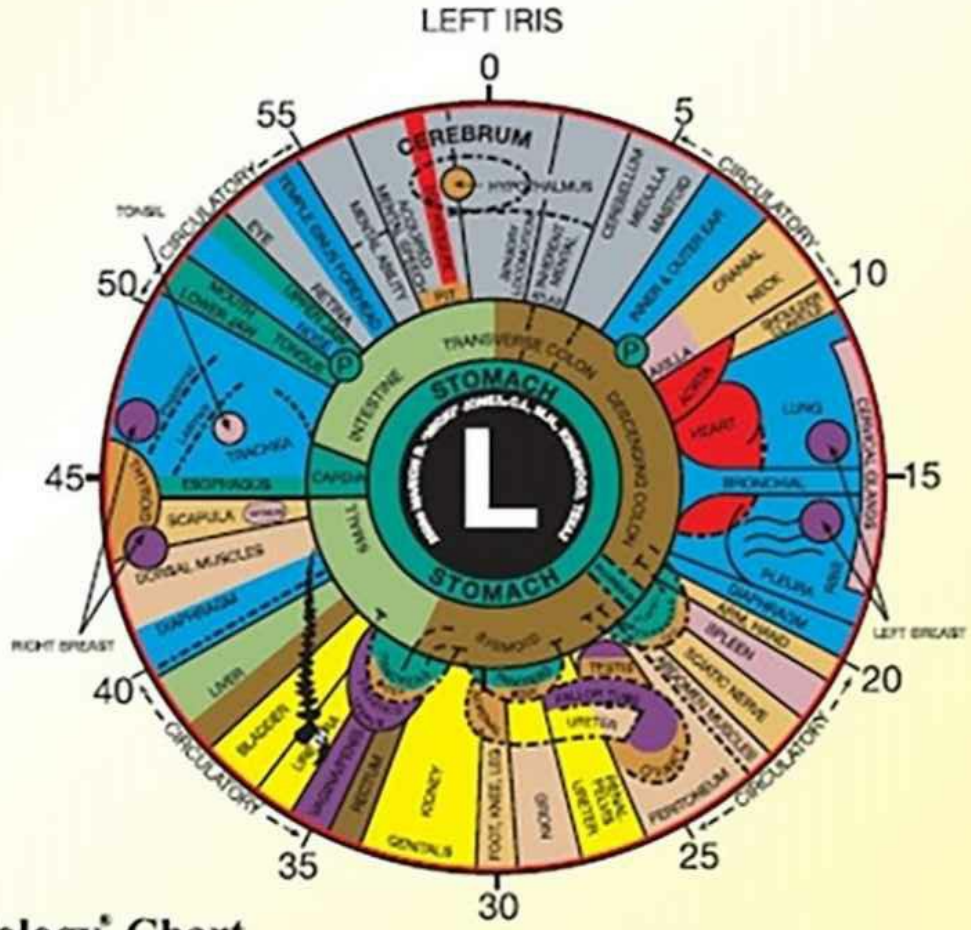
The chart on the following page was developed by Micki Jones (www.iridology.com); notice her addition of the two breast areas on both the medial and lateral sides. Each chart is different; for example, discoveries have shown the pancreas to be in multiple places, basically at 2 o'clock, 4, 8 and 10 o'clock. When the pancreas is stressed, there is a tendency for an iris to appear square because of these special points relating to that gland.

Through the years, different researching iridologists have made their own special additions to the charts; buy several and explore what works best for you. It is important to pick a chart and stick with it so that you become familiar with it. Use of a chart when needed is totally acceptable to clients! You do not have to memorize everything, especially because it is the constitution, the collarette and the pupil we need to focus on most in our initial meetings.

Brain Circulatory Digestive System Digestive/Absorption Eliminative/Detox Eliminative/Kidney & Urinary

Endrocrine/Glandular Lymphatic Muscular Reproductive Respiratory Skeletal





Universal Iridology® Chart

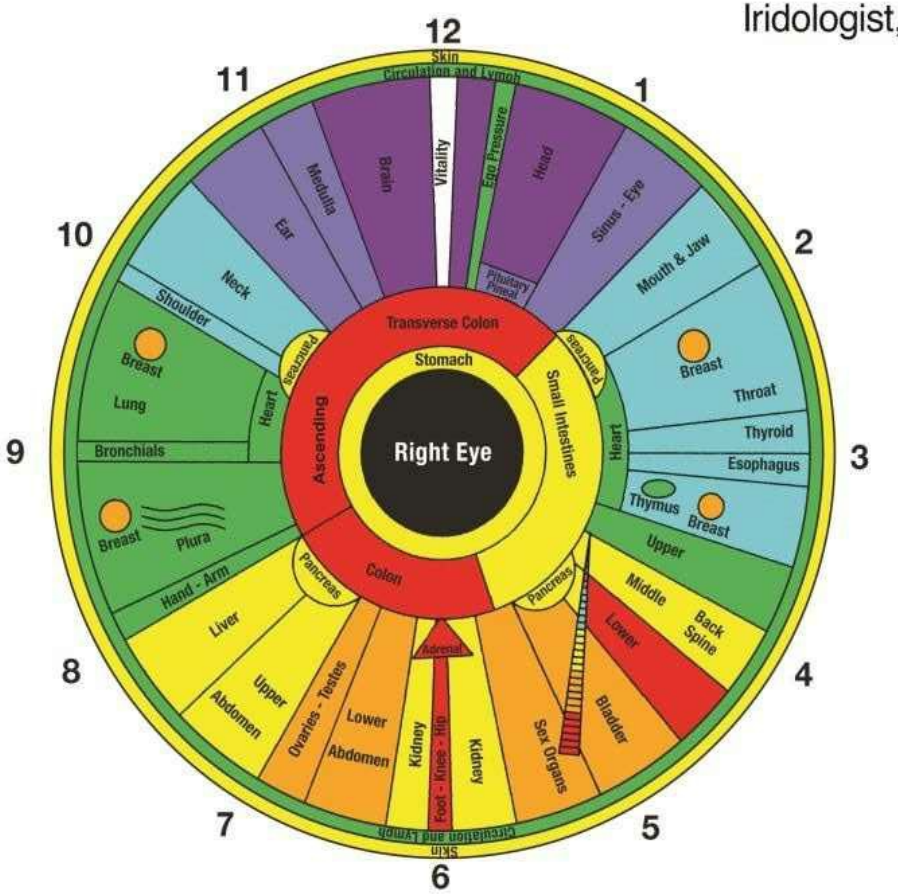
Developed by Marion D. "Micki" Jones

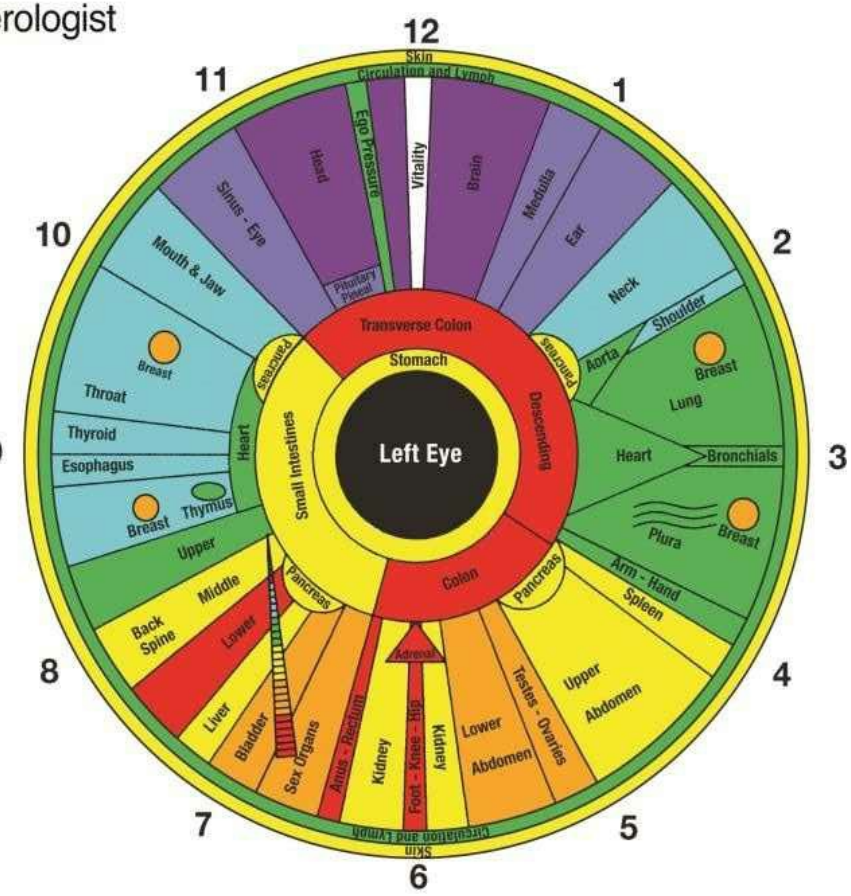
©2008

This chart was developed to correlate with the chakras, red being the root chakra and all of the way up to purple for the crown chakra. Look for an explanation in the addendum , or in the book, IRIDOLOGY: COLOR, LIGHT, AND THE CHAKRAS.

2011 CHART OF ENERGY IRIDOLOGY

Betty S. O'Brian, CCII
Iridologist, Sclerologist

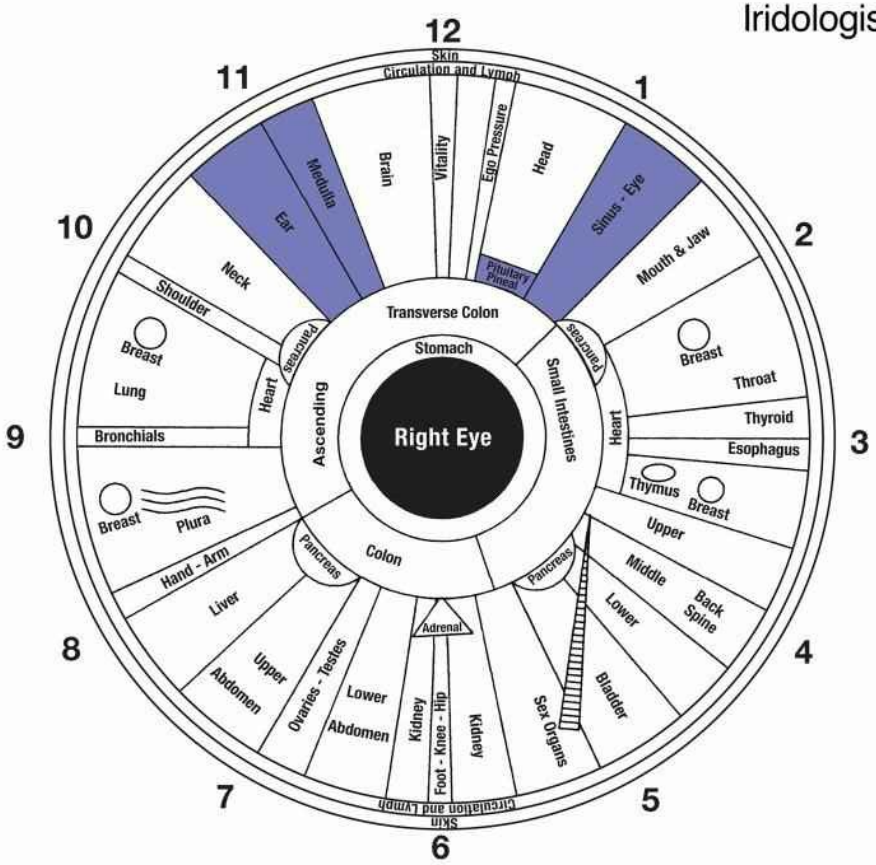


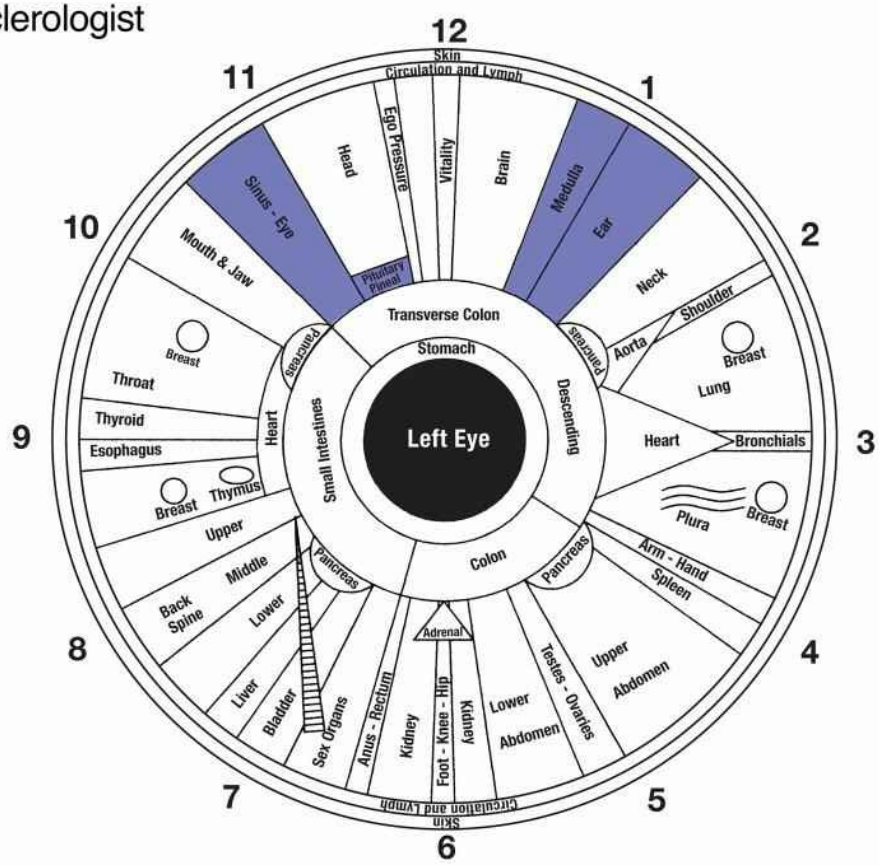


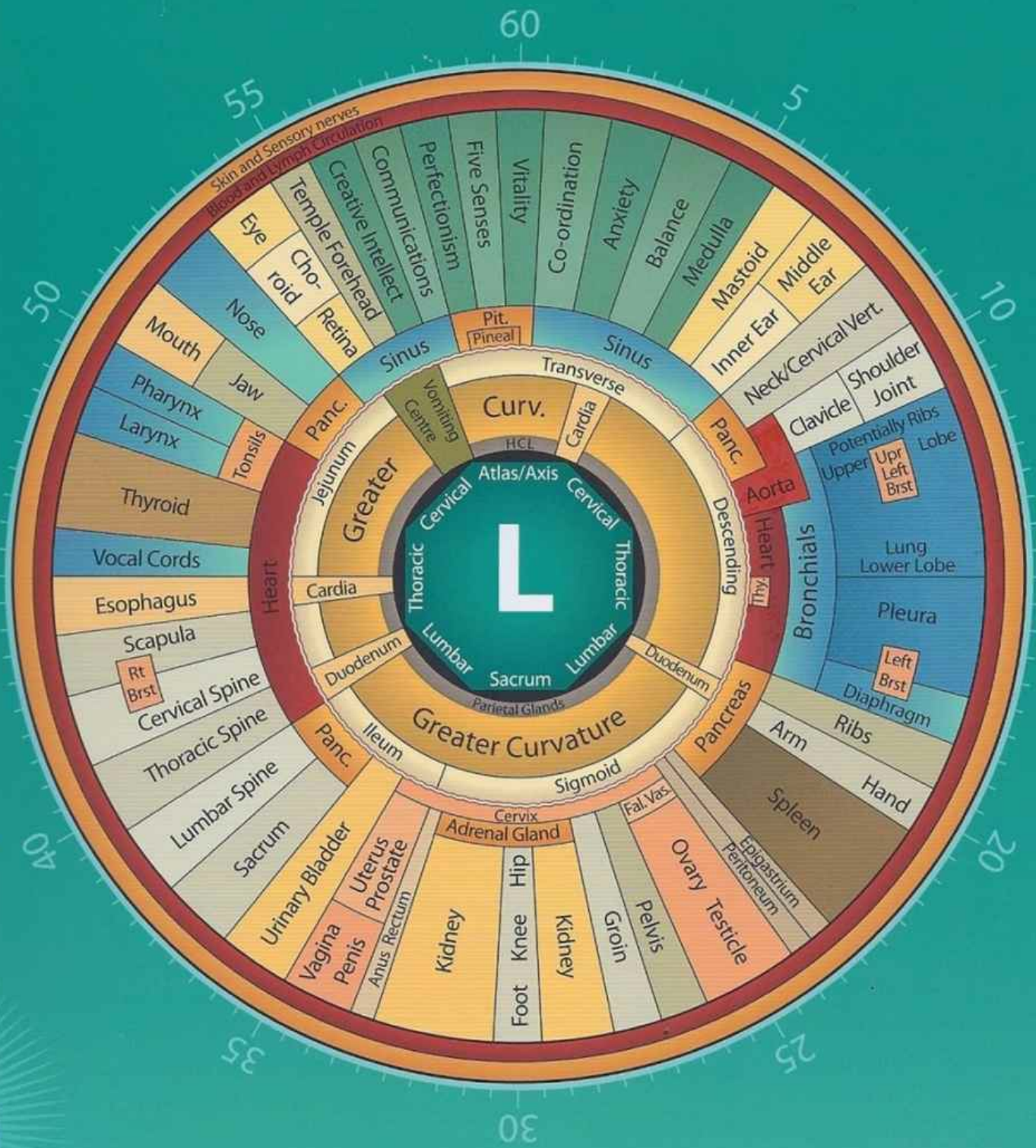
Black and White Copy of Energy Iridology Chart with Indigo Chakra

2011 CHART OF ENERGY IRIDOLOGY

Betty S. O'Brian, CCII
Iridologist, Sclerologist







Brain Correlates

Balance – Cerebellum
Anxiety – Mesencephalon
Creative Intellect – Pre Frontal and Frontal Lobe
Libido – Pituitary, Hypothalamus & Limbic
Five Senses – Cerebral Cortex
Perfectionism – Cerebrum
Communications – Pituitary, Pineal, Thalamus
Co-ordination – Mid Cortex
Vitality – Hypothalamus

Integrated Iridology Chart, Left Iris, Toni Miller (www.iridologyonline.com)

The Topography of the Iris by Major and Minor Zones

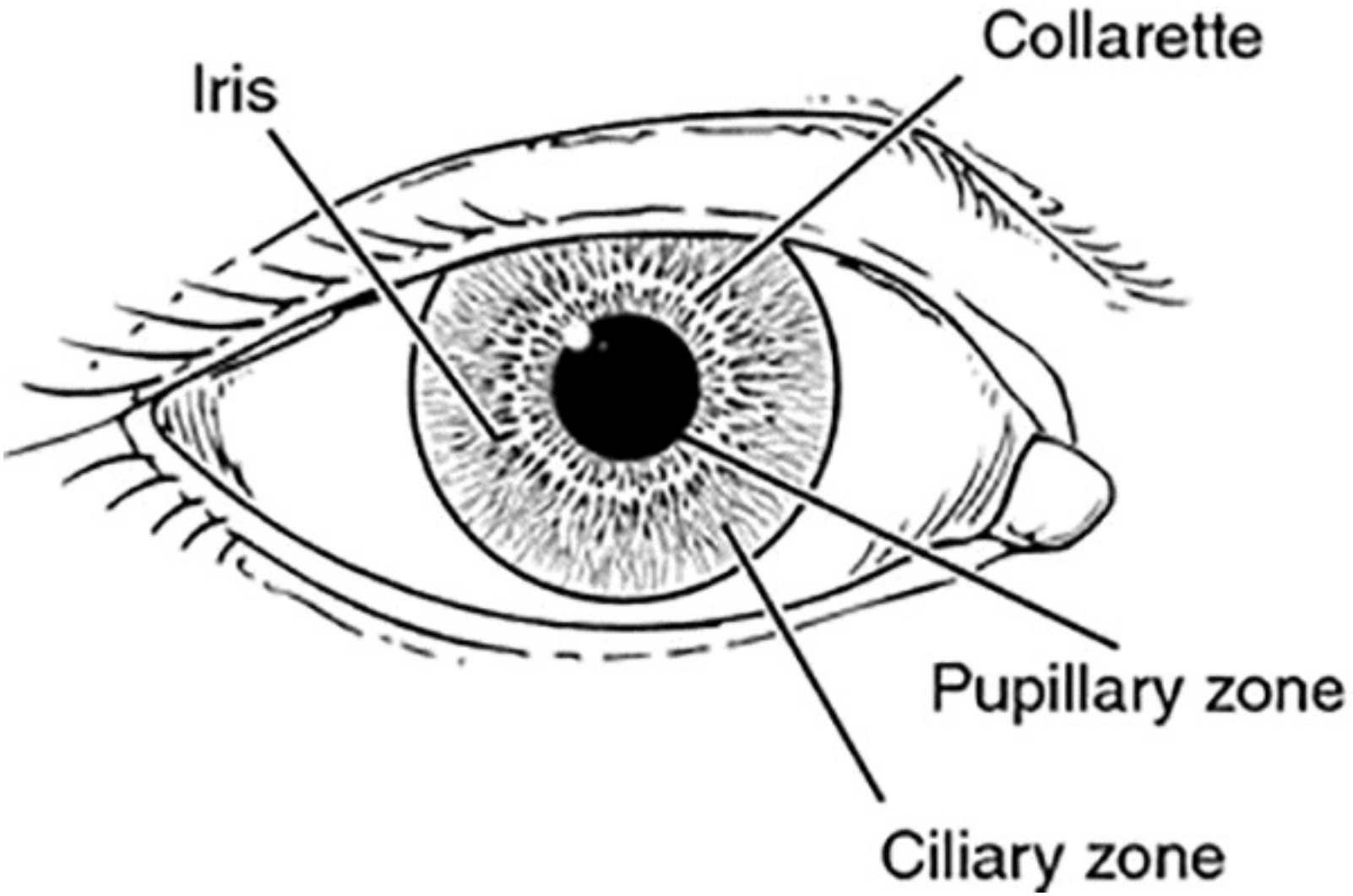
We discuss the topography by beginning with the *Pupillary Border*, a red to brown border around the pupil, and going out to the Collarette, a major circle of demarcation in the iris. Some iridologists find this a logical way to approach looking at the iris.

Pupillary Border - This orange to brown circle around the pupil refers to the iris edge meeting the pupil and is really an extension of the spinal cord and the brain. It is where we view the central nervous system in the iris. This border is referred to as the "inner pupillary ruff," an extension of the **optic nerve.** If it is thick, it might indicate hyperactivity of the central nervous system. If it is absent or thin, it indicates a disturbance of the central nervous system. Another way to look at it is that it is the posterior epithelium curling towards the pupil.

Collarette - The collarette is a major marker in the iris, about one third of the way to the outer rim of the iris, delineating the intestinal tract. It is also known as the ANW (autonomic nerve wreath) as it reflects the autonomic nervous system; where it extends or contracts points to a possible imbalance in that section of the iris.

The Nutritive Zone –
This is the area between the Pupillary Border and the Collarette, sometimes referred to as the Pupillary Zone. Here we see reflected the stomach and small intestines. When the sphincter muscle is visible, it indicates poor absorption, as there are fewer *stroma* in the stomach area than ordinary. This sphincter looks like a white or light circle around the pupil. If it is heavily pigmented or overlaid with color, it indicates toxicity.

The Inner, Mid and Outer Ciliary Zones: the area of the iris outside of the collarette.



Iris Zones and Positions

We look at the iris from a variety of perspectives. There are circular patterns from the pupil outward referred to as Iris Reflex Zones. These reflex zones correlate with every organ, gland and tissue of the body. The zones in the right eye relate to the right side of the body for the most part, and also relate to the father's side of the family. The same is true for signs in the left eye which relate to the mother and the left side of the body.

So the iris can be divided into three major zones. See the chart on the next page.

1. Digestion
2. Utilization
3. Elimination

Zone One and Two: Pupillary Zone or Nutritive Zone. Reflects digestion and absorption of nutrients as well as the absorption of toxins. It includes the stomach and intestines.
a. Digestion – 1. stomach **b.** Absorption- 2. Intestines

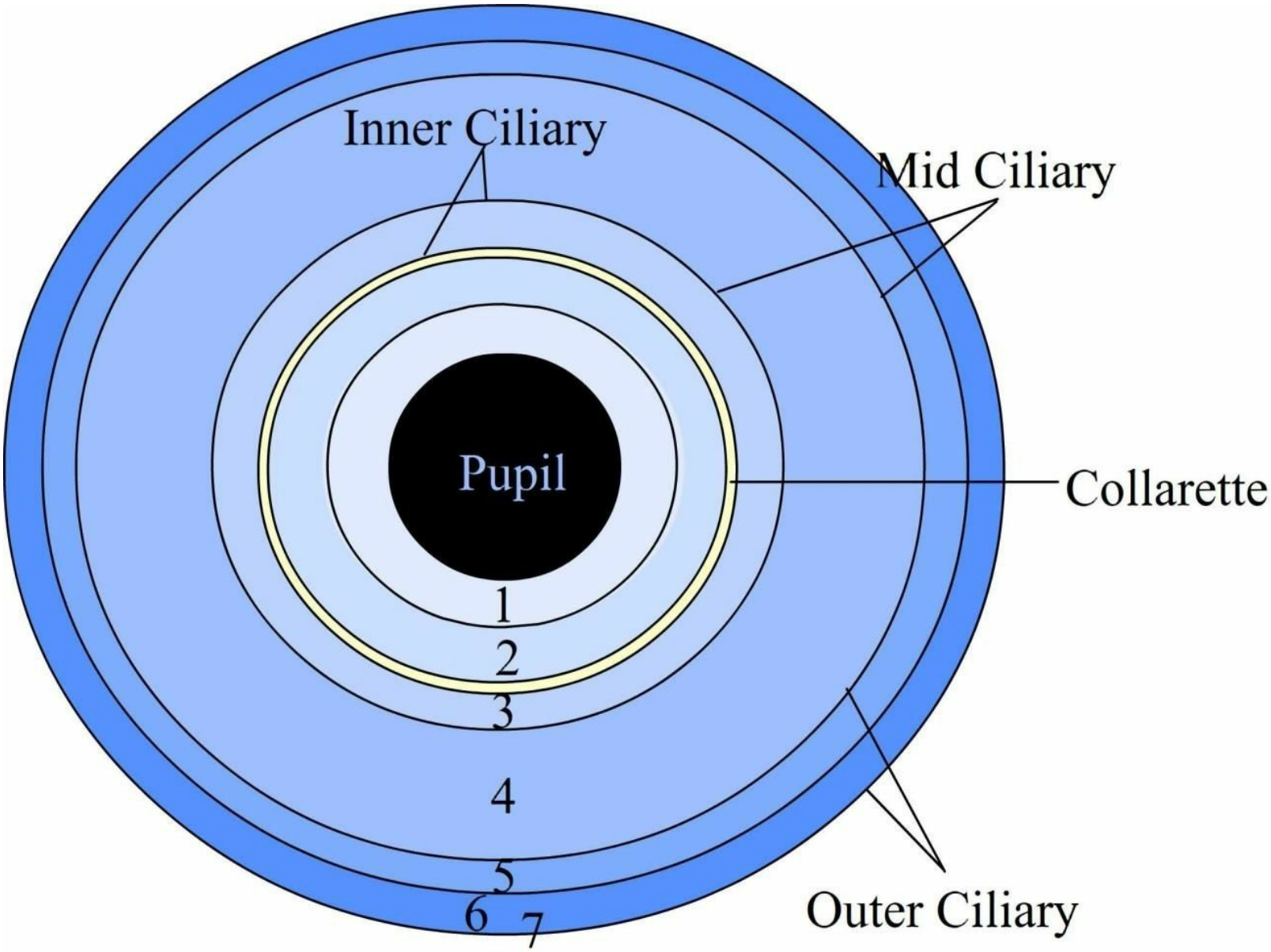
Zone Three: Humoral Zone or Inner Ciliary Zone –Blood and Lymph and glands. This zone is outside the collarette and shows the blood and lymph (known as the HUMORS) and the organs that transport them.

a. Transformation - Blood **b.** Distribution – Lymph
Zone Four: Ciliary Zone – Muscles. This is the first zone of utilization.
a. Utilization – Musculature

Zone Five: Ultimate Utilization . **Mid Ciliary Zone.** Here we can see nutritional deficiency by weaknesses in **stroma** fibers. In this same area are the bony structure and the spine as well. This is also where the connective tissue shows up primarily.

Zone Six: Lymph Detoxification. This area represents the mucous membranes and the superficial blood and lymph circulation. It follows within the skin zone.

Zone Seven: Skin Elimination. Zones 6 and 7 are the zones of major detoxification and elimination and the **Outer Ciliary Zones**. Oftentimes, liver and kidney complaints will show up here rather than in another reaction field.



Zone One and Two : Nutritive Zone: Stomach and Intestines

Zone Three: Humoral Zone or Inner Ciliary: Lymph and Blood
Zone Four: Muscles
Zone Five: Ultimate Utilization: Bony structure
Zone Six: Lymph Detoxification, superficial blood and lymph
Zone Seven: Skin and Orifices
Another Way to View Iris Zones

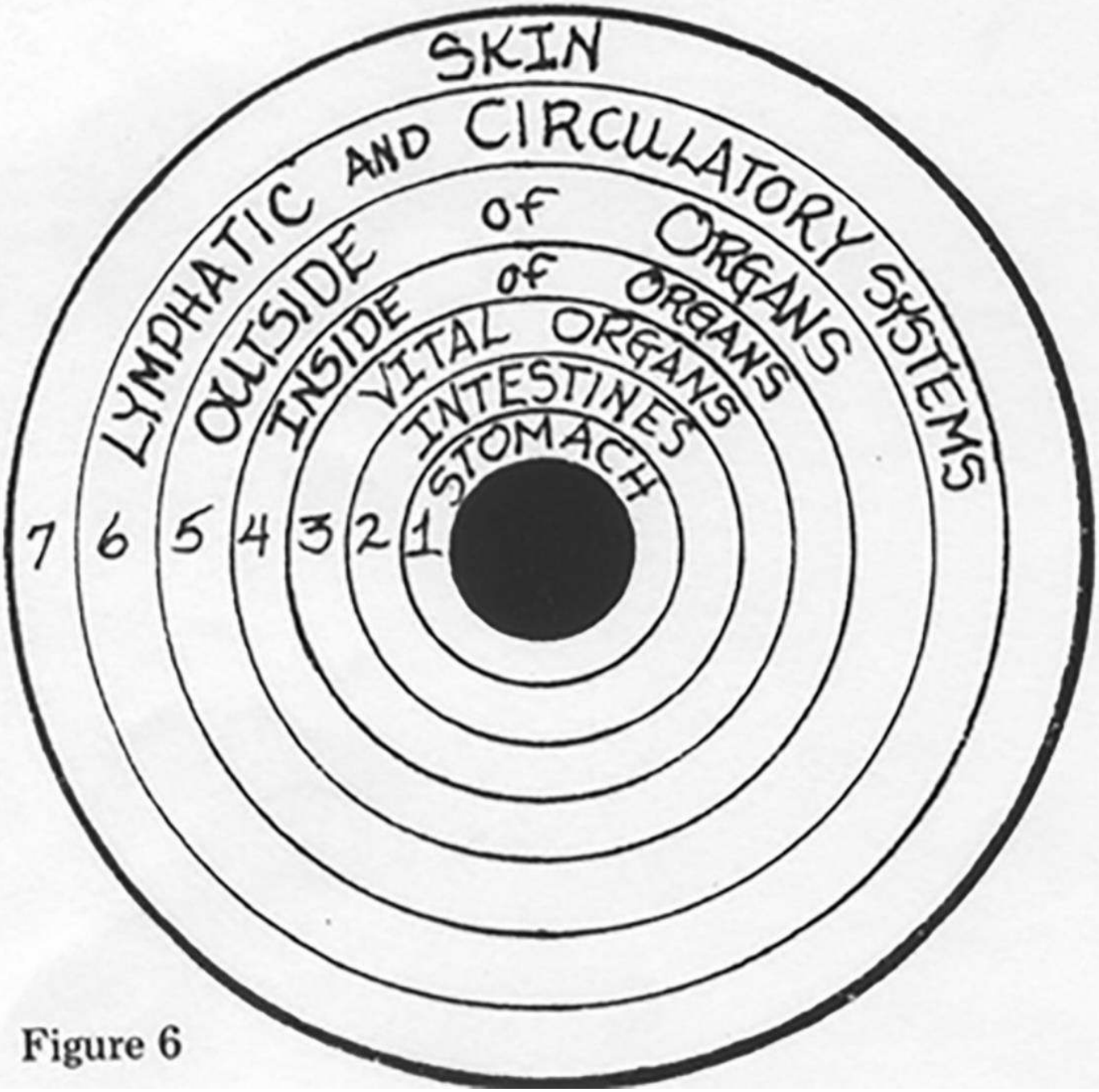
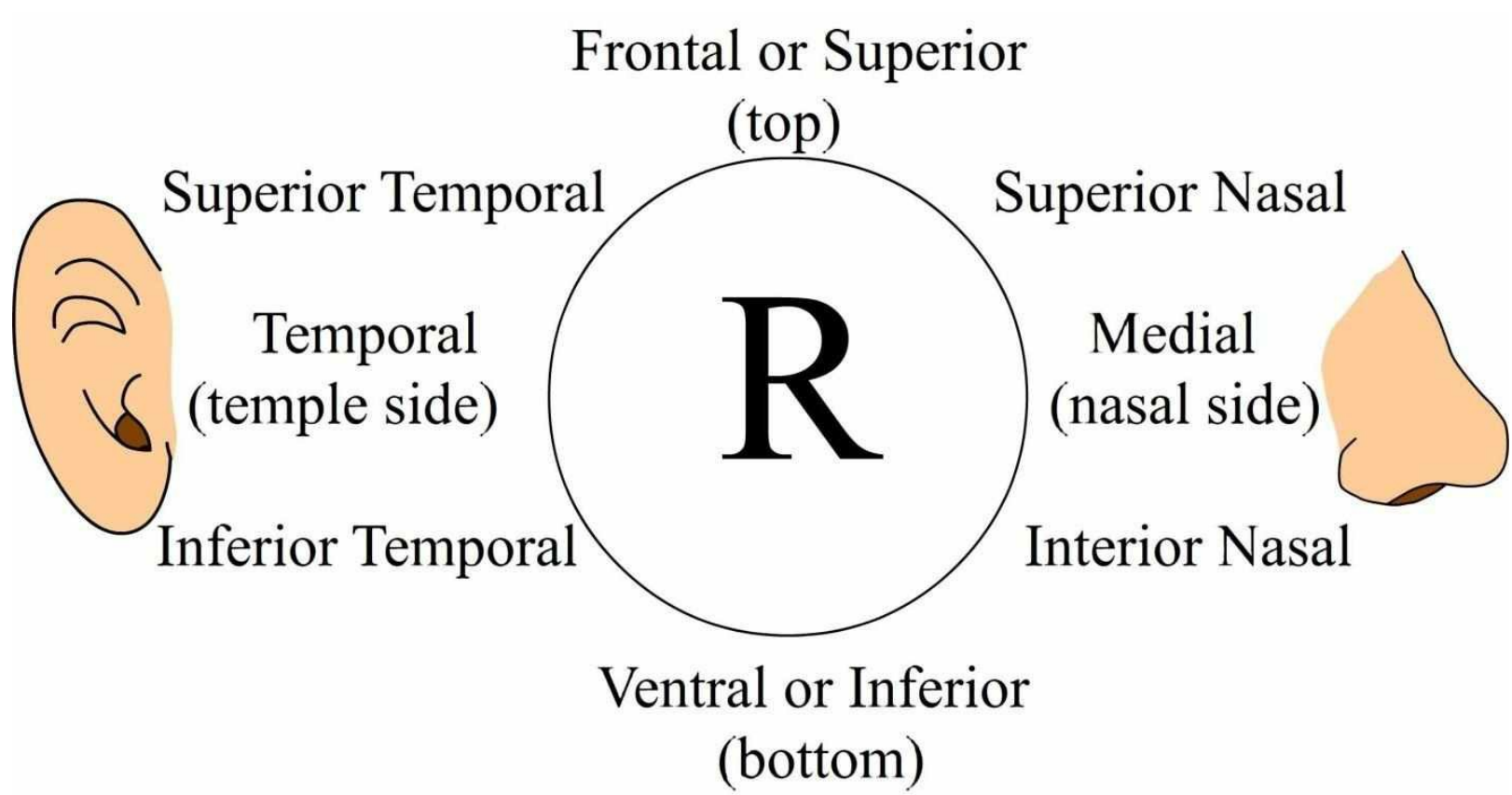
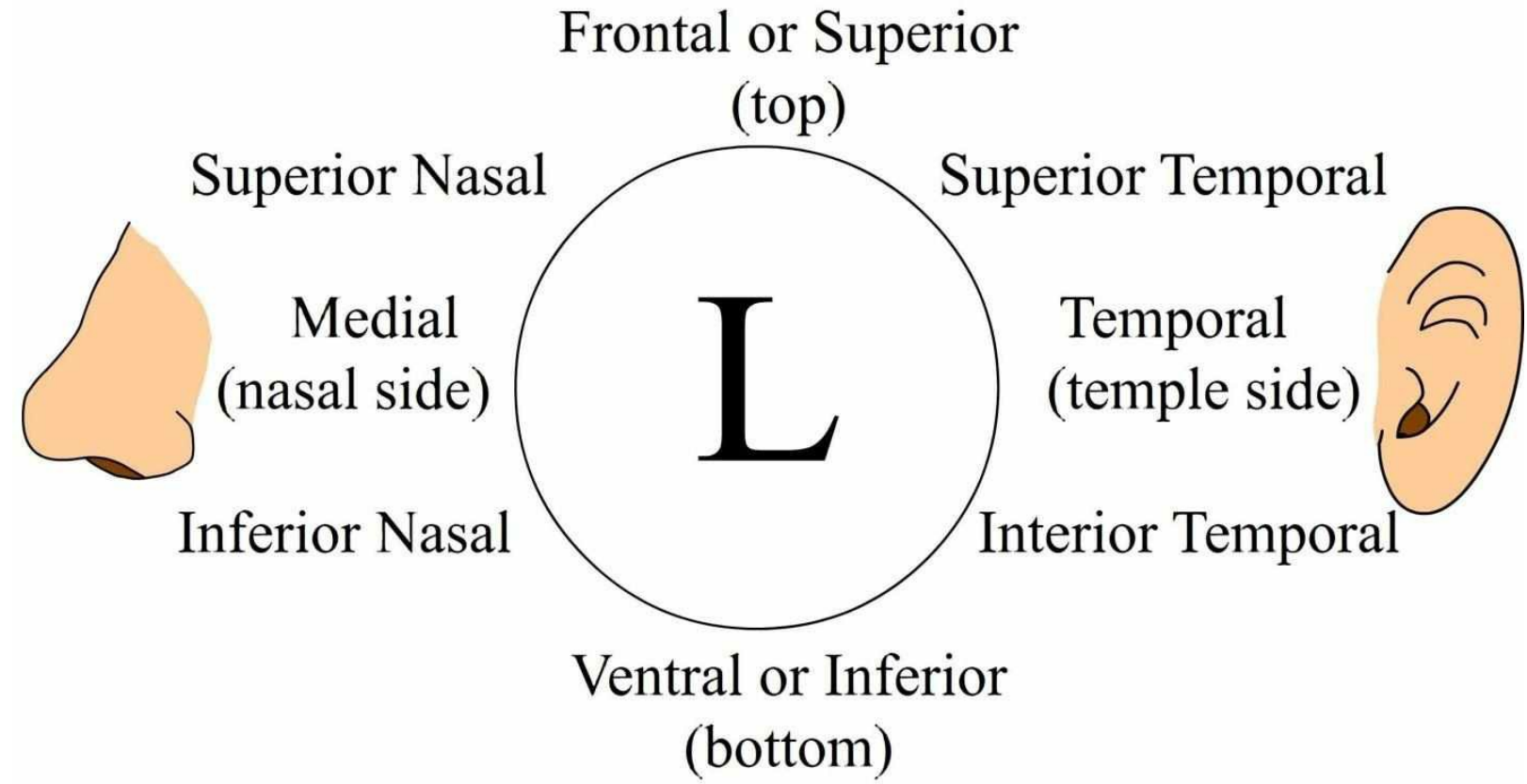


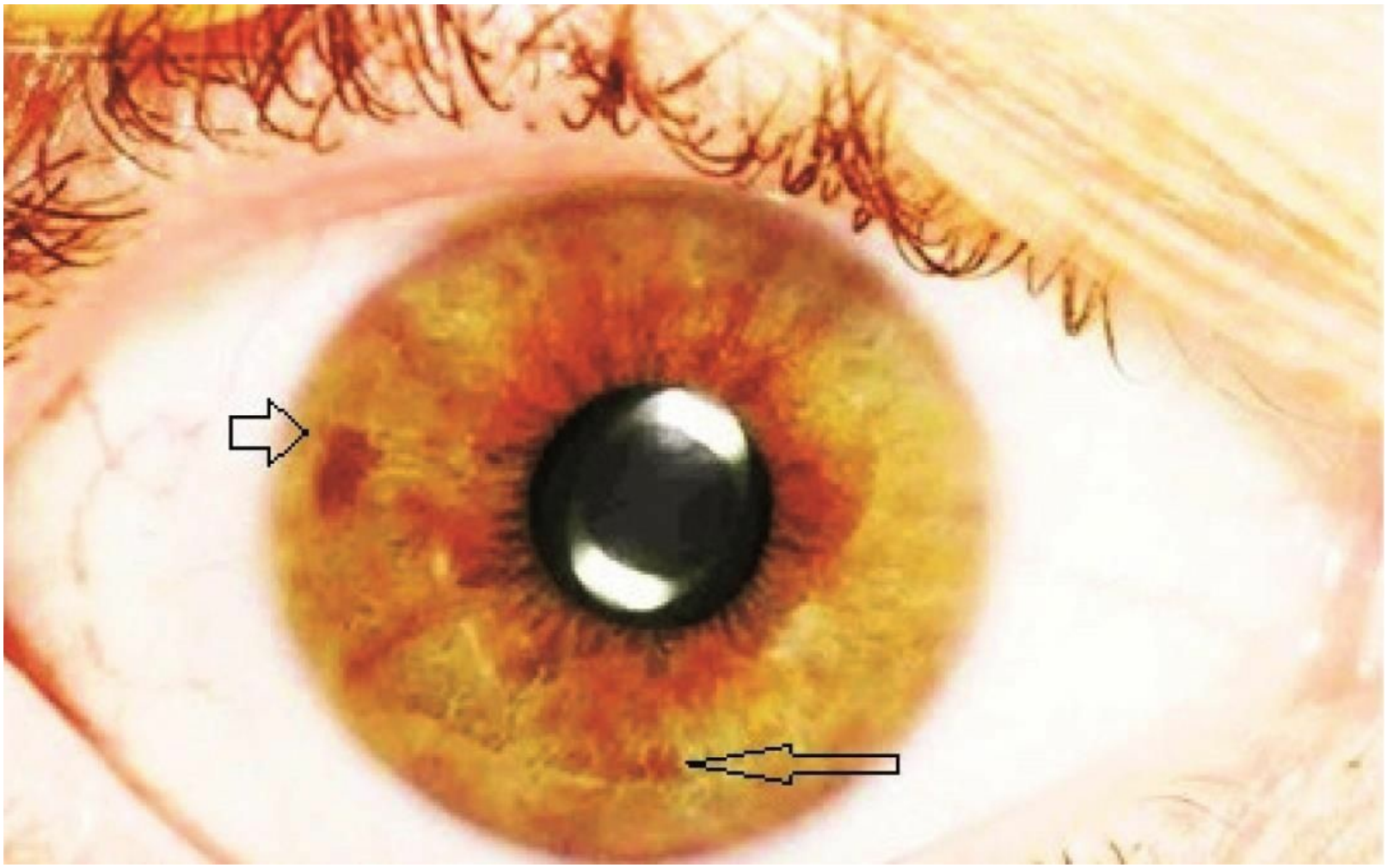
Figure 6

Source: *Iridology,* Sharan.

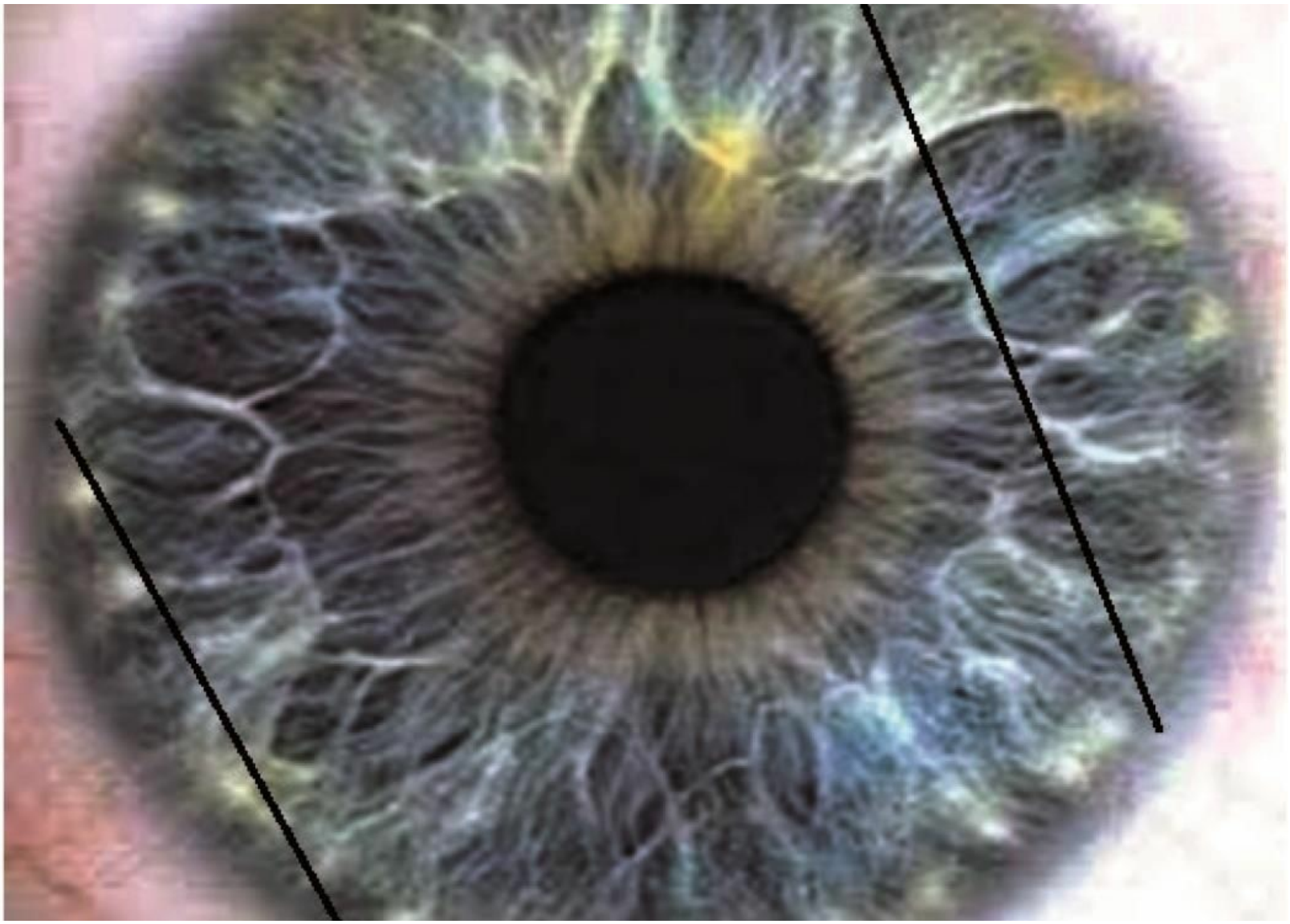




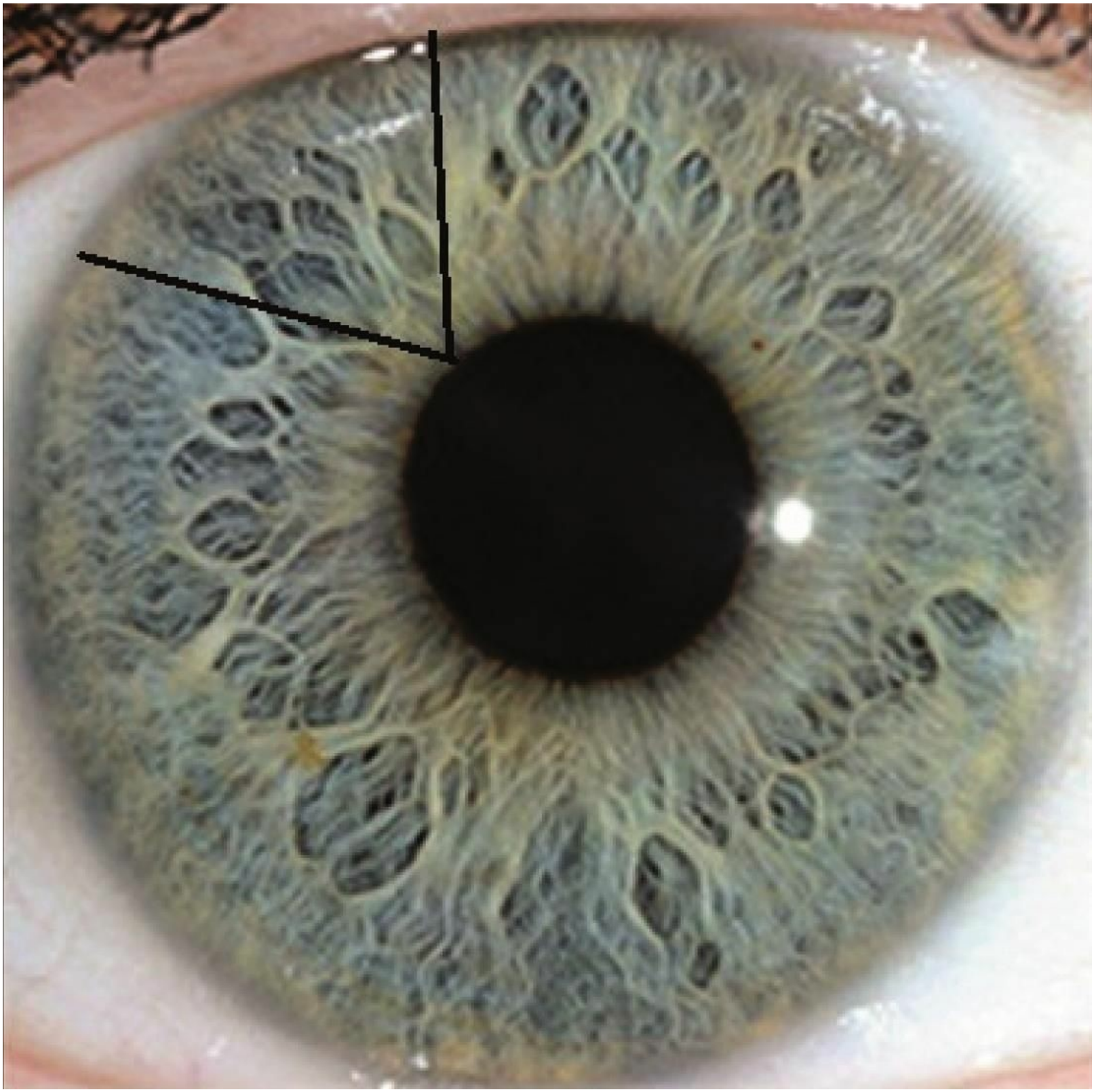
The pupil “favors” the nose



REACTION FIELDS OR AREAS: the area of the iris where every organ and tissue appears in the iris; for example, the legs are at 6:00 on the chart.



SEGMENT: a piece sliced off of an outer side or edge



SECTOR: looks like a piece of pie

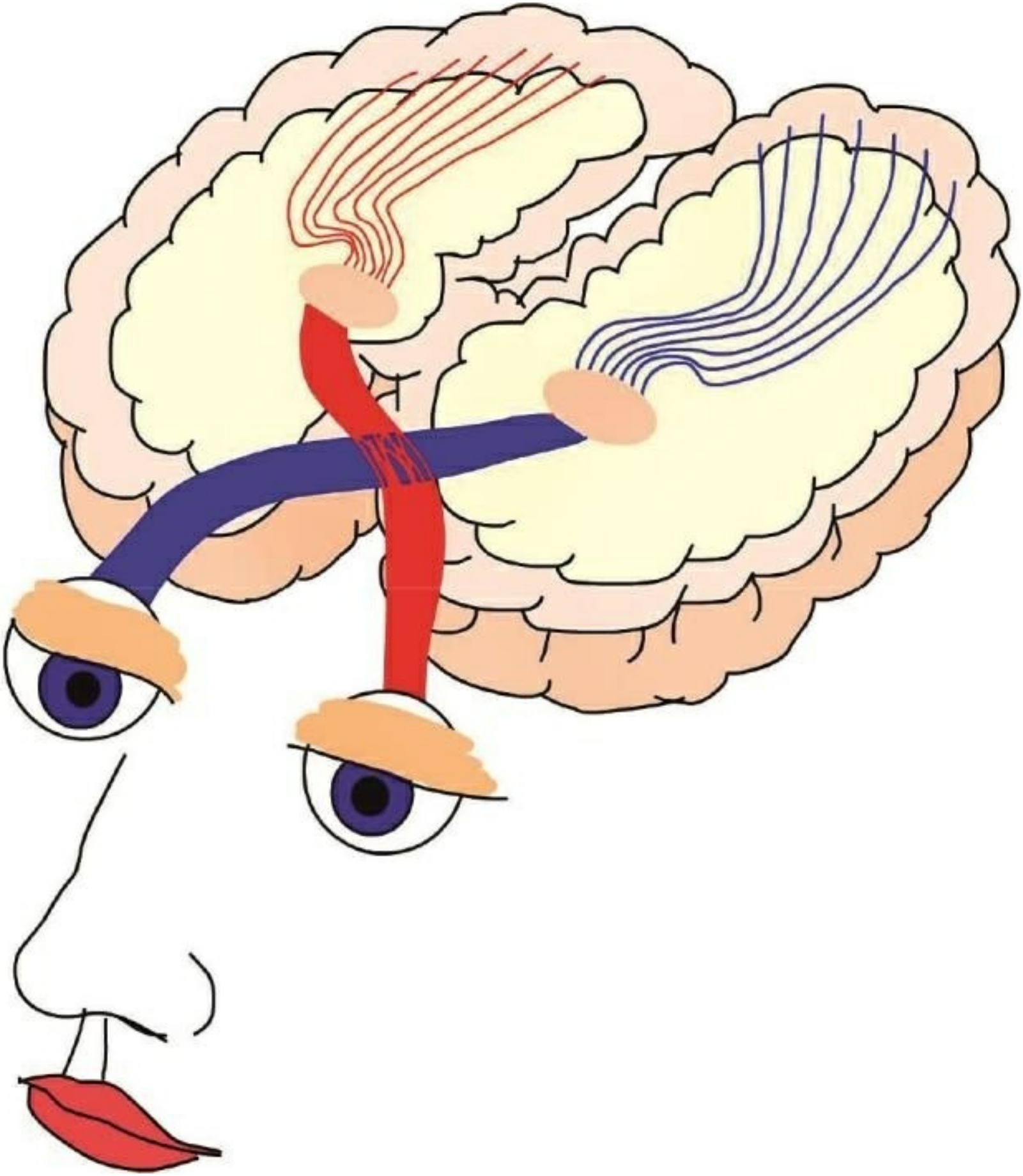
CHAPTER THREE: ANATOMY, SHADING AND DENSITY

Eye Development and Terminology

The eye begins to develop as a pair of **optic vesicles** on each side of the forebrain at the end of the first month of pregnancy. Ophthalmologists say that the eye tells us about the brain unlike any other part of the body that is visible; healthy eyes indicate a healthy brain. There is a connection

between the eye, the brain, and the nervous system.

The *optic chiasm* is an X-shaped space just in front of the pituitary gland where optic nerve fibers pass through to the brain. The fibers from the nasal half of each retina cross over, but those from the temporal sides do not. The nerve fibers then continue in the optic tracts. In the brain, the right hemisphere controls the left side and the left hemisphere controls the right side. In iridology, we most often observethe left side in the left iris and the right in the right iris, but because of this partial crossing, we sometimes see more heart in the right eye than the left, for example. Also, organs close to the center of the body show up on both sides, such as the heart or pancreas.



The eye has many layers.

1. Outermost layers: the conjunctiva, the sclera and the cornea.

Conjunctiva –mucous membrane lining the inside of the eyelids and covers the sclera.

Sclera – the white part of the eye which contains 90% of the outer layer of the eye. It is an opaque fibrous membrane
Cornea – clear coating of the front of the eye. Because it curves, it works as a refractive medium relating to sight.
2. The Middle layer consists of the choroid and ciliary body.

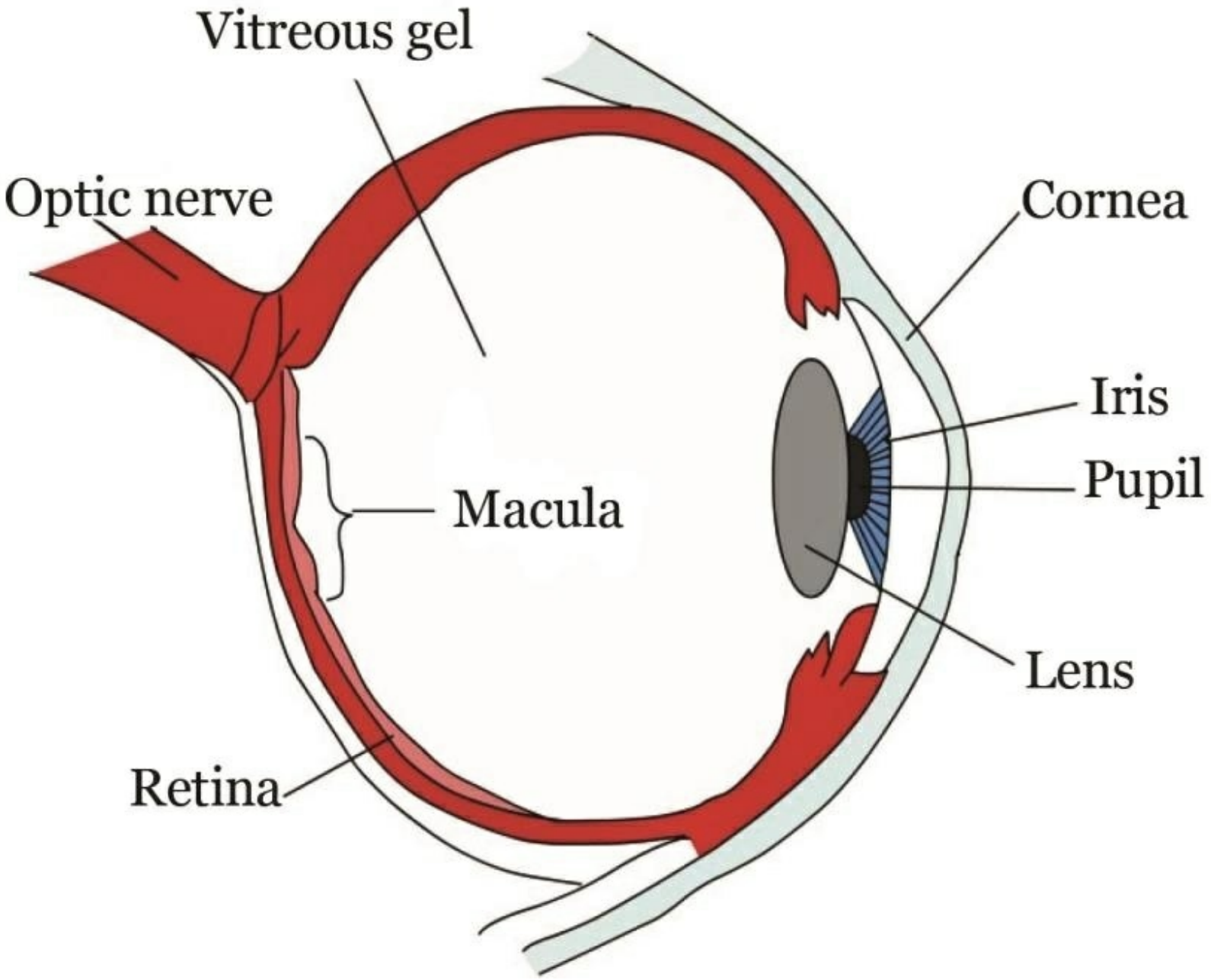
Choroid is the vascular layer of the eye, containing connective tissue, and lying between the retina and the sclera The choroid provides oxygen and nourishment to the outer layers of the retina. Along with the **ciliary body** and iris, the choroid forms the *uveal tract*.

Ciliary Body – directs nutrition to the iris and is coated by a double layer, the ciliary epithelium. This epithelium produces the aqueous humor. The aqueous humor fills the space between the cornea and the iris.

3. Innermost Layer is the **retina**.

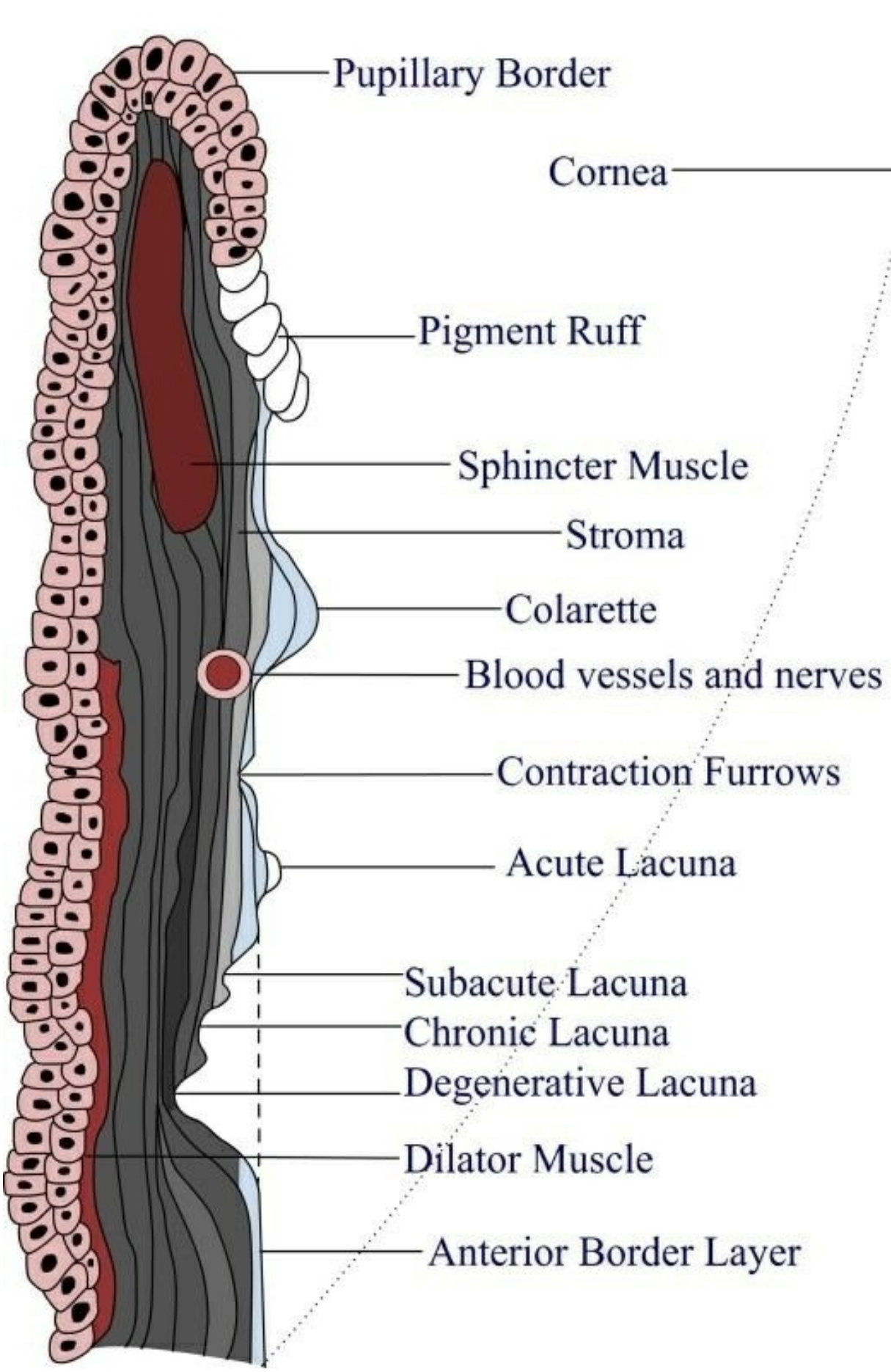
The **retina** is a membrane lining the back of the eye and works somewhat like a camera. The lens casts images. Embedded in the retina are millions of light sensitive cells of two varieties: **rods and cones.**

Rods are good for monochrome vision, poor light, or dark, while cones are used for color and for fine detail. **Cones** are packed into a part of the eye directly behind the retina.
When light strikes the rods or the cones of the retina, it is changed into an electric signal that is relayed to the brain by way of the optic nerve. The brain then translates the electrical signals into the images we see.



The Iris's Many Layers

Cross Section



The Vascular Layers of the Eye

1. **Anterior Endothelium** – continuation of the posterior (back) surface of the cornea; not significant to iridology
2. **Anterior Border Layer** – Color or pigment layer. A blue iris will have a thin anterior border layer, but a brown iris has a thickly pigmented layer. The density and pigment determine iris color
3. **Stroma, vascular layer**– Stroma are radiating connective tissue fibers, or iris fibers. A **trabeculae** is one separate fiber within the stoma layer.
4. **Posterior Membrane –** is made up of thin muscle fibers. It contracts and dilates the pupil.
5. **Posterior Epithelium** - located behind the **dilator layer** or the **posterior membrane.** It is darkly pigmented and prevents light from entering the posterior chamber of the eye. This black layer presents itself as a dark rim on the pupillary border and shows through in crypts and deep lacuna.
6. **Dilator Muscle –** enlarges or dilates the pupil; primarily related to the sympathetic nervous system. When you see the pupillary border (small, darker border that surrounds the pupil, you are seeing an extension of the posterior epithelium).
7. **Sphincter Muscle –** sometimes called the pupillary sphincter, it is a doughnut shape. It is innervated by the parasympathetic nervous system and causes the pupil to get smaller. It is located in the stroma layer and appears as a circular band of muscles. It reflects the stomach and the visible ring is referred to as the "stomach ring."

Shades of Color: What Do They Mean?
On her website, Micki Jones explains "shading" as:

"Reactivity (contrast between light and dark). Light = more reactivity, inflammation, elimination or pain. Dark = suppressed, body cannot react sufficiently. NOTE: When there is lightness next to darkness, this means the body is trying to fight, despite a chronic condition."

While the above has not been proven in clinical trials that I know of, iridologists see that the amount of shading relates directly to the body's ability to react in a certain reaction field. When we see black or dark grey, the iridologist equates this with a weakness in this area; these dark signs are not necessarily caused by something the person has done, but perhaps by previous generations of smoking or poor diet, chemical exposure, etc. The benefit of recognizing this early on is preventing it from manifesting in this person's body.

Seeing an iridologist is a revelation in itself, if people take heed to the possible warning signs. Darkness in the thyroid area, for example, should promote extra care in ensuring enough iodine absorption, slant board activities, Kelp and other seaweeds in the diet, etc. Having the doctor check for underactive thyroid would be prudent. Prevention is the ultimate benefit of an iridology appointment! Its "pre-clinical" nature is extremely beneficial.

Dr. Jensen used to say, "The job of the iridologist is to bring light into dark places." Now we understand what he must have meant. It is our job to "enlighten" clients as to their genetic weaknesses; to bring them out of the dark about nutritional support and into the light of good health and wellbeing. So we can see that a white area might be reactive and a dark area sluggish with low energy. The two together show a body at work.

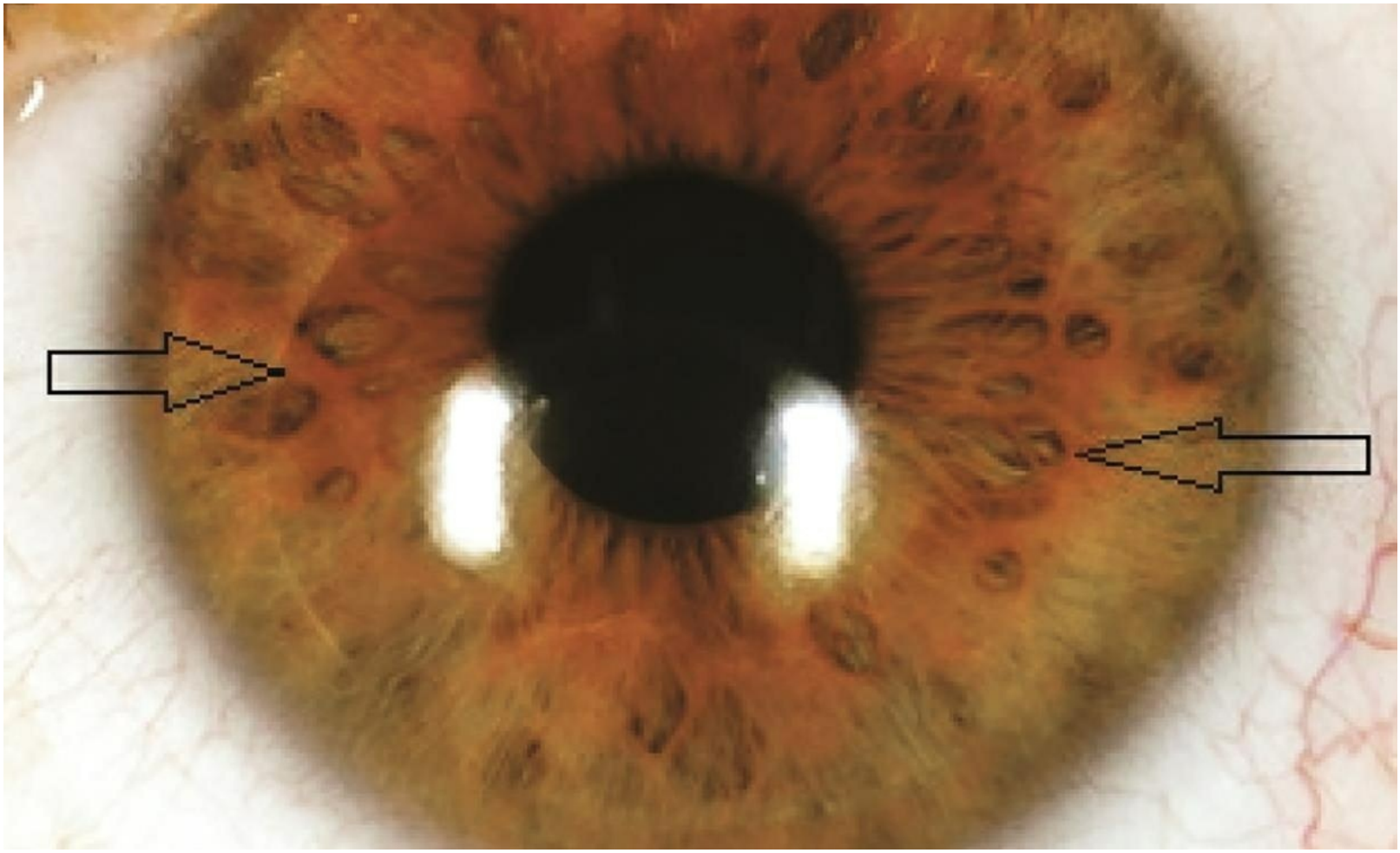
White or light and/or Raised Fibers –These fibers show potential reaction, irritation, inflammation, pain and discharge (not constantly, of course). The stroma are raised up and appear lighter; in blue eyes, these fibers appear white, but in Biliary (Hazel) they have a yellow tint.

Grey Fibers – Fibers are relaxed and indicate weakness in the organ, gland or tissue, but not as severe as very dark.

Black Signs – These signs come through the generations of a particular weakness, the pancreas or kidneys, for example. Here the body cannot

react to toxins and stress as well, and we consider these areas to be more deficient.

Perifocal Lightening This looks like a lacuna (football shape) in the eye with a very bright white band bordering it. “Focal” meaning around or surrounding a focus, like a focus of infection; thus it shows inflammation in a local area, but often of long standing.



Perifocal Lightening: This iris has a number of lacunae with perifocal lighting.

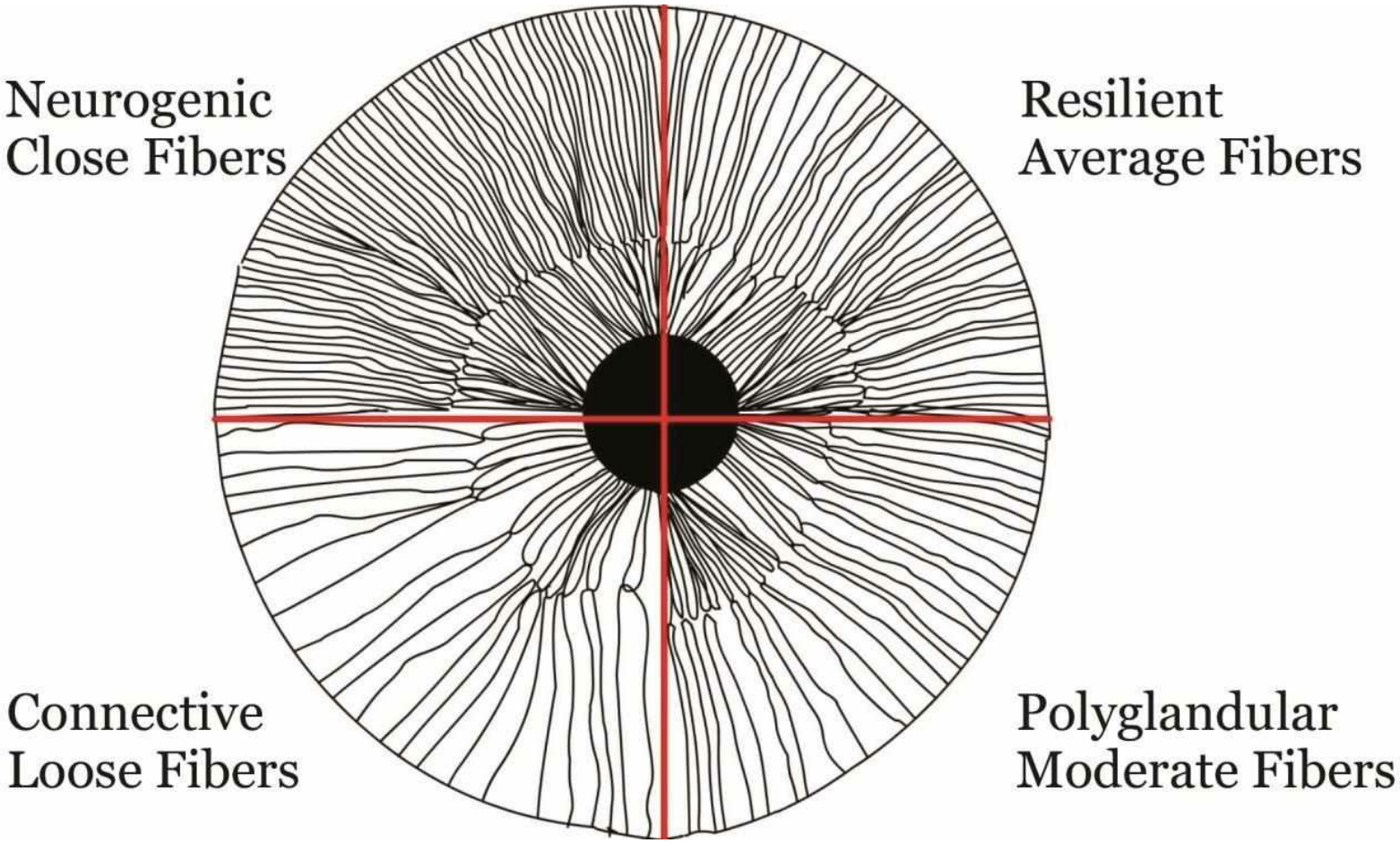
Color Vocabulary: What do Different Colors in the Iris Indicate?

Colors in the iris also play an important role in understanding a person’s health. In addition to the three constitutional types of blue, brown, and mixed, color in the iris has impact. These added colors in the eye might come from exposure to toxins in the air, food and water, but possibly are inherited. Our parents and grandparents were exposed to many chemicals, and we are exposed to even more. So what do they mean to the

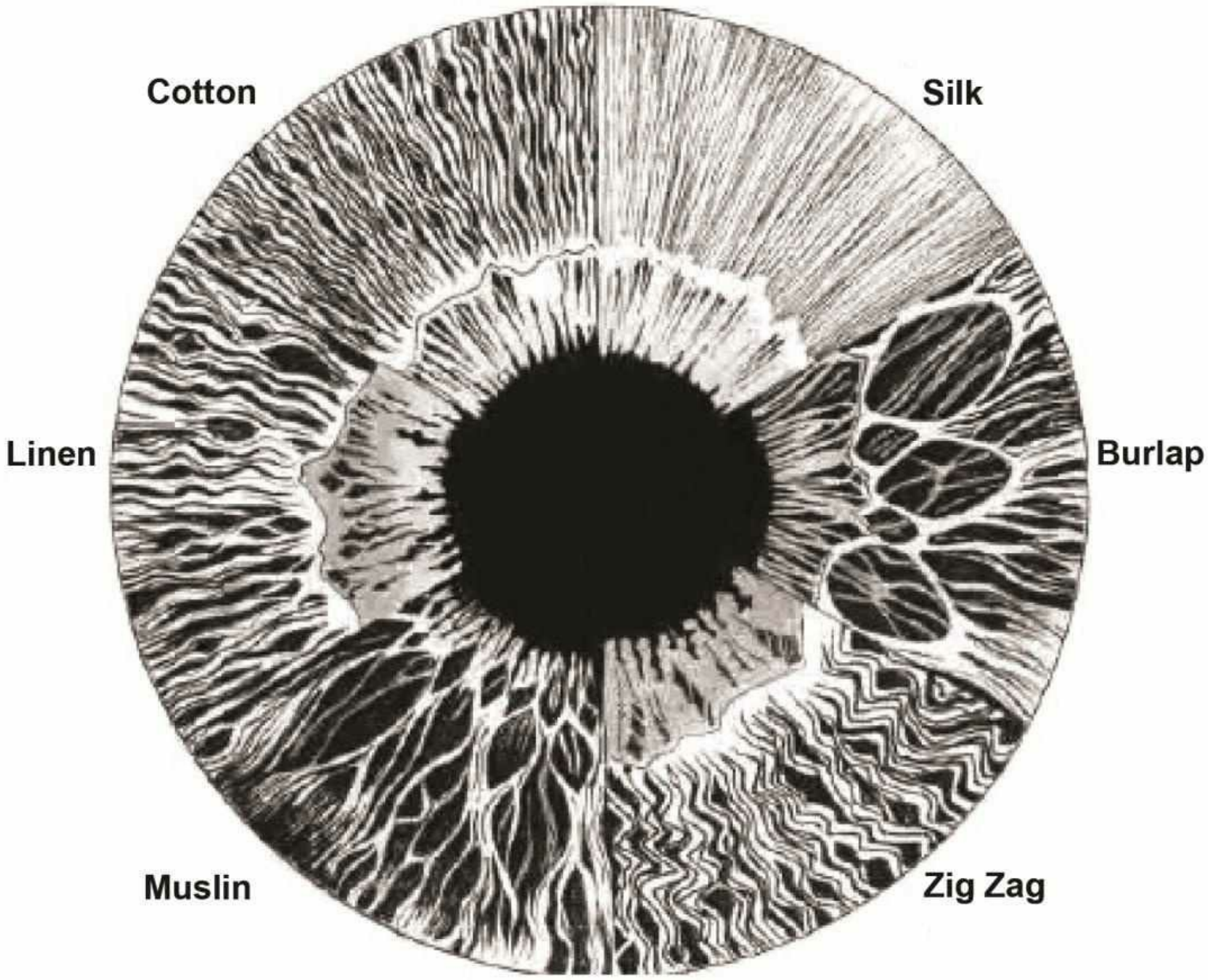
iridologist?

Yellow suggests poor kidney function. (Yellow “chicken fat” found in the white part of the eyes usually indicates gallbladder or liver problems.)
Grey – hypoactive metabolism in an area, such as in the stomach or digestive area
Orange indicates difficulties in metabolizing carbohydrates (starches and sugars) and suggests weakness in the liver and pancreas. Ask about blood sugar problems.
Fluorescent Orange: gallbladder, possible pancreas and liver
Brown indicates poor liver function and sluggish or toxic blood. Regardless of the shade of brown, look to the liver (even brown spots in the sclera).
Black: A condition of long standing; deeper and through more generations in a family. Attention to these areas is essential as chronic conditions may follow these dark signs.

Density and Resiliency



Generally, people with tight, close fibers in their iris structure represent strength and more resiliency. The looser weave shows less resistance and a slower recovery. I like the terms **Dr. Farida Sharan** refers to in her books on iridology, such as Silk, Linen or Burlap. Terms such as these remind us that all fibers are equally beautiful and desirable; they just exhibit different qualities and need different types of care. See illustration below.



Iris Fiber Structure as the Fabric of Life

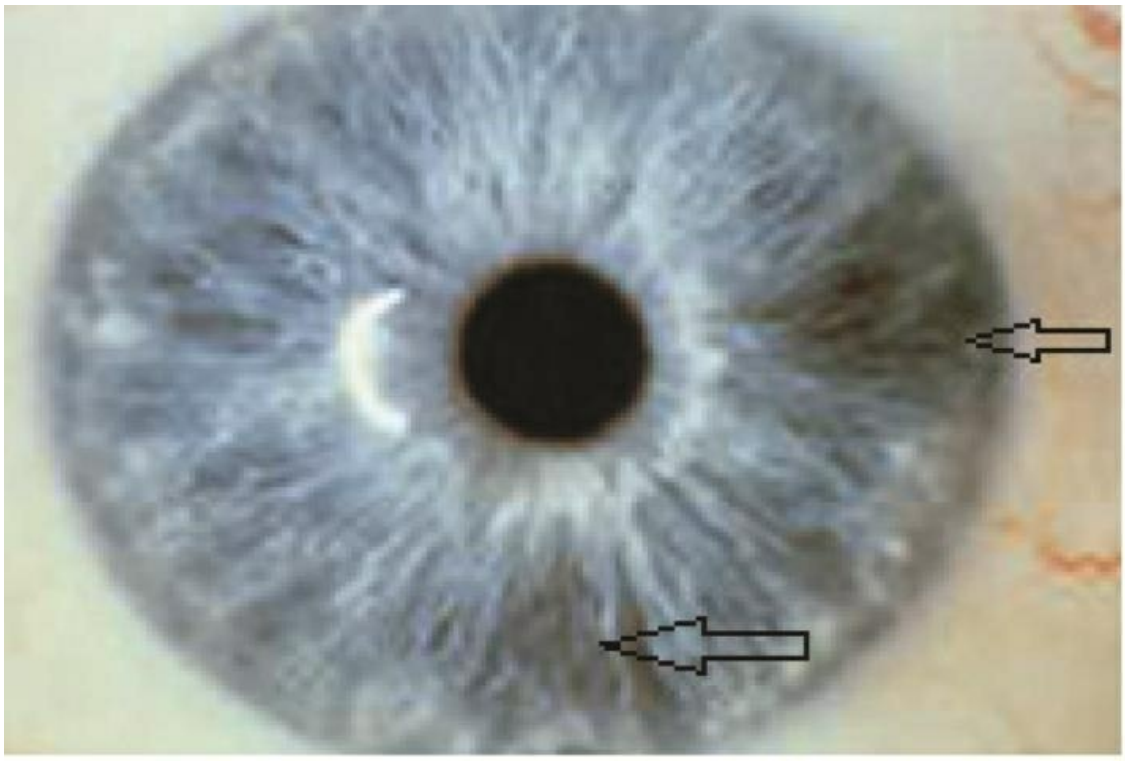
Both strong, silk fibers and loose burlap fibers illustrate different strengths and weaknesses. Both structural strength and emotional expression are valuable attributes. Being very strong in one type (physical) and very weak in another (emotional) shows that we need to further develop the missing qualities. Therefore, a very resilient type would need coaching on openness and receptivity, while a connective tissue, open-fiber type would be more likely to be encouraged into activity and kinesthetic activities.

The average type, with some loose and some open fibers, would have all of the traits so that they could express their emotions, not overly so, and

also work hard and accomplish a lot with greater ease. Whether a person is very resilient or neurogenic or connective tissue, good health is available to everyone through natural lifestyles and healthy living..

CHAPTER FOUR: TERMINOLOGY
Iris Signs and Terms

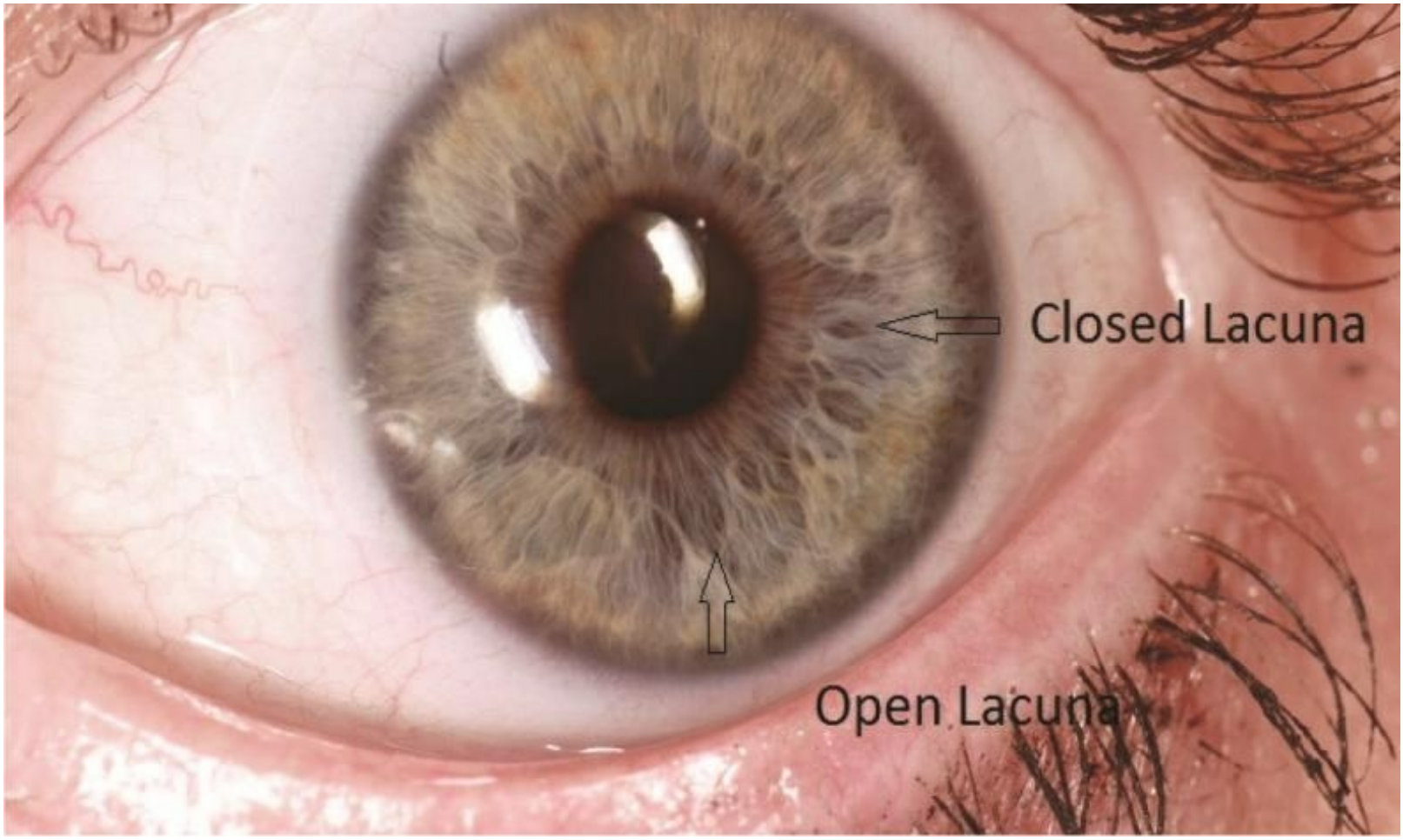
Constitution: the product of the interaction between the mental, emotional, and physical being of a person. It describes the disposition of the whole person from the basis of his genetic inheritance. According to T. Kriege, "By constitution, one understands the total of inherited and acquired factors…which may be modified within certain limits by environmental influences occurring during the course of life."



Radial Fibers (Trabecula(e): These are normal iris fibers, made up of blood vessels that are covered with a protective coating. They run back and forth from the pupil to the sclera; the iris consists mainly of these fibers.

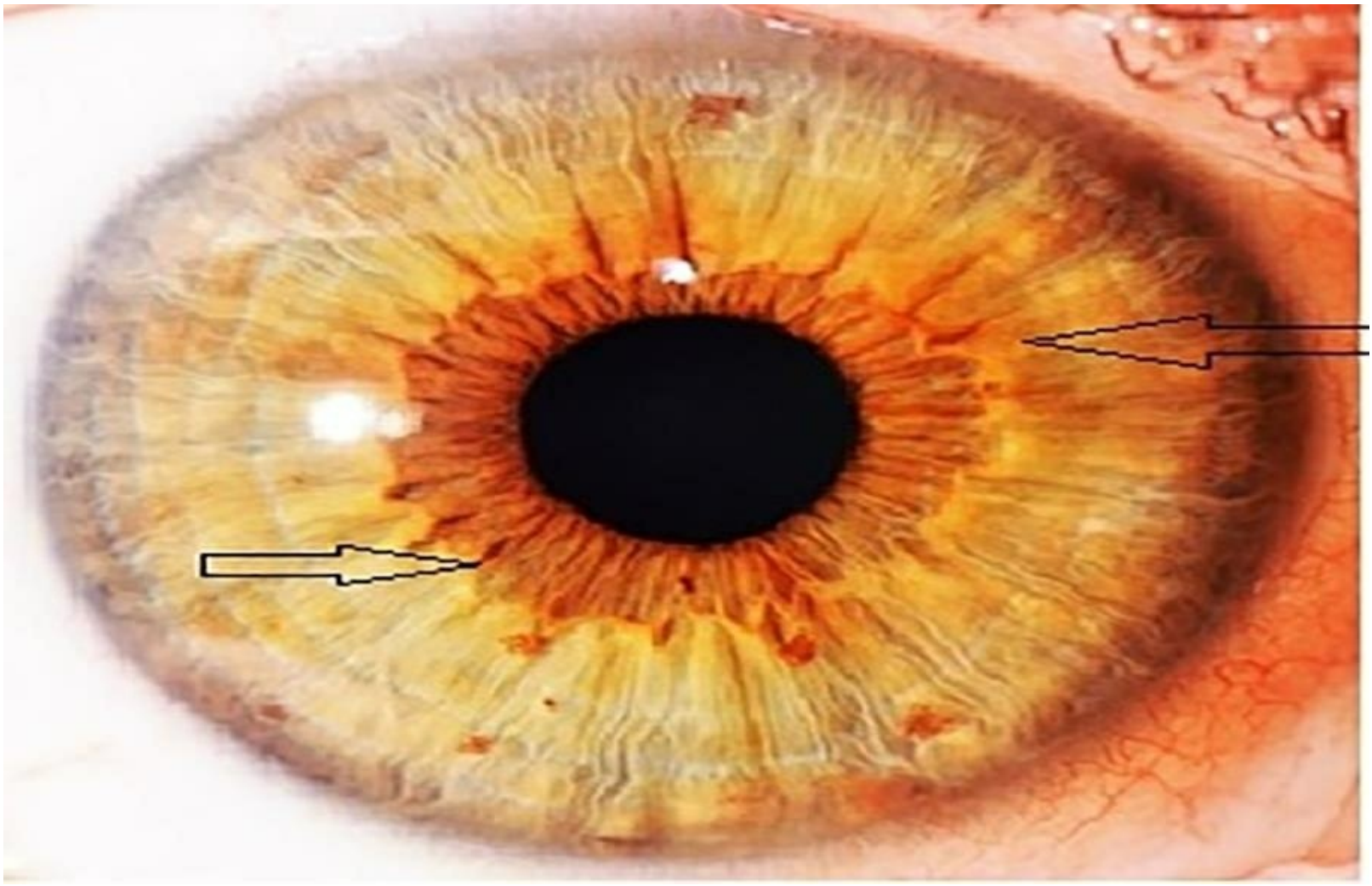
Lacuna(e): These are gaps of a variety of shapes, called lesions in the early American system and flowers in Rayid. They are permanent genetic

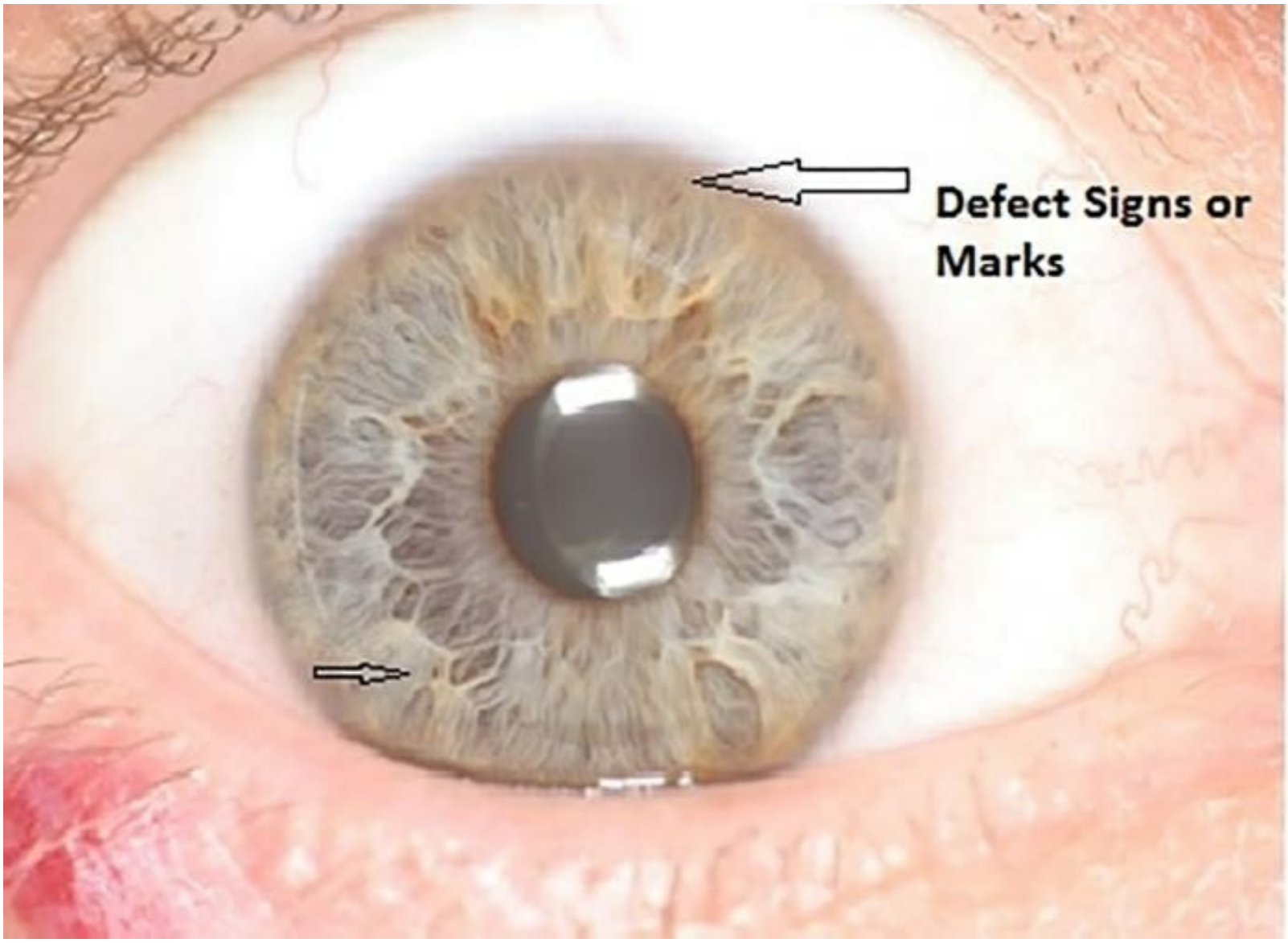
markings in the mapping of the iris. Inside the mark, the fibers may appear weak, grey or black, indicating less vitality.



Closed Lacuna: Looks like a football or a capsule which is closed on both ends. It is believed that these areas are hard to penetrate when a problem arises in them.

Open Lacuna : Open at one or both ends: at one or both sides the lines do not meet. It indicates that nutrition and healing are still penetrating the area, but one should still be aware of the possibility of inherent weakness

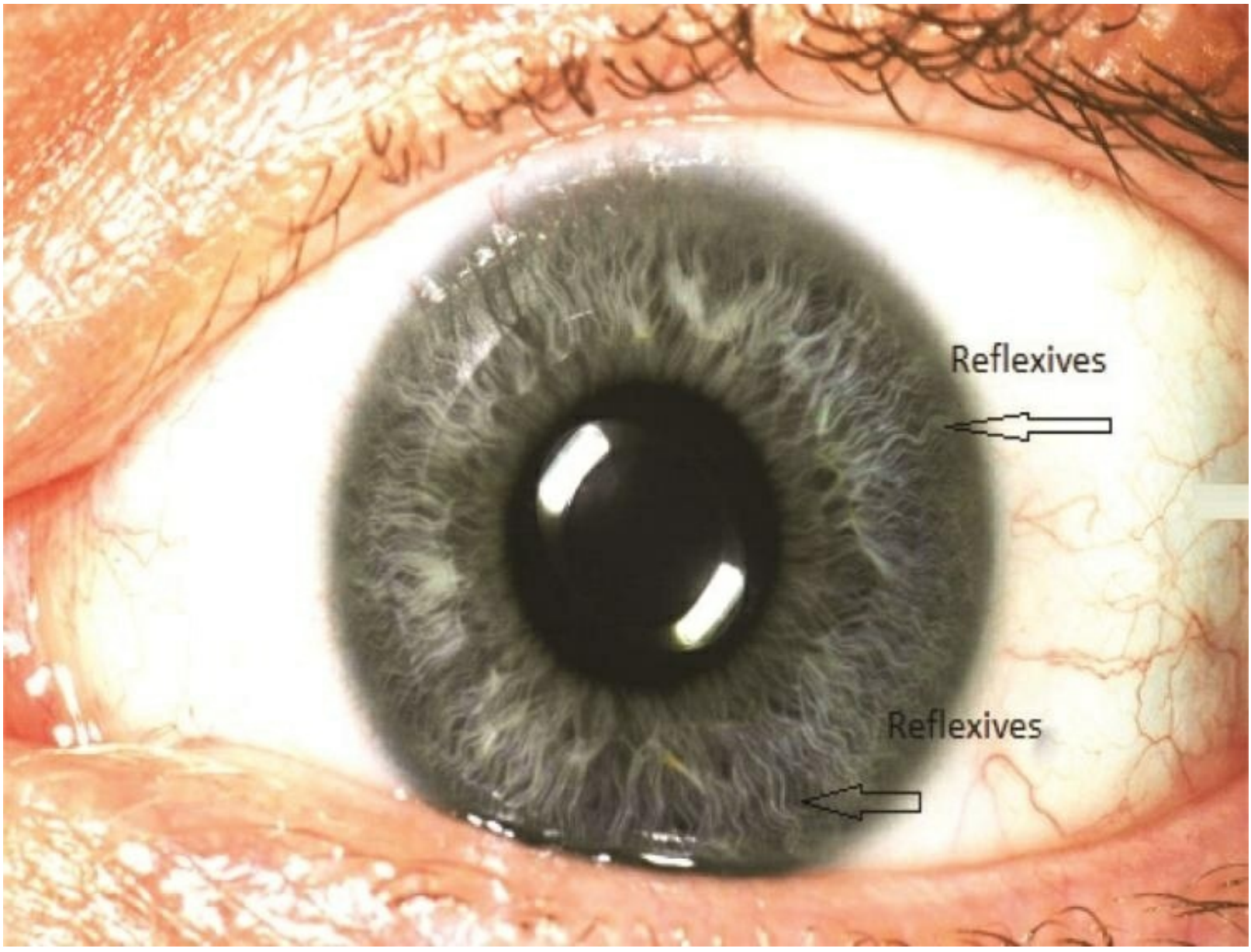




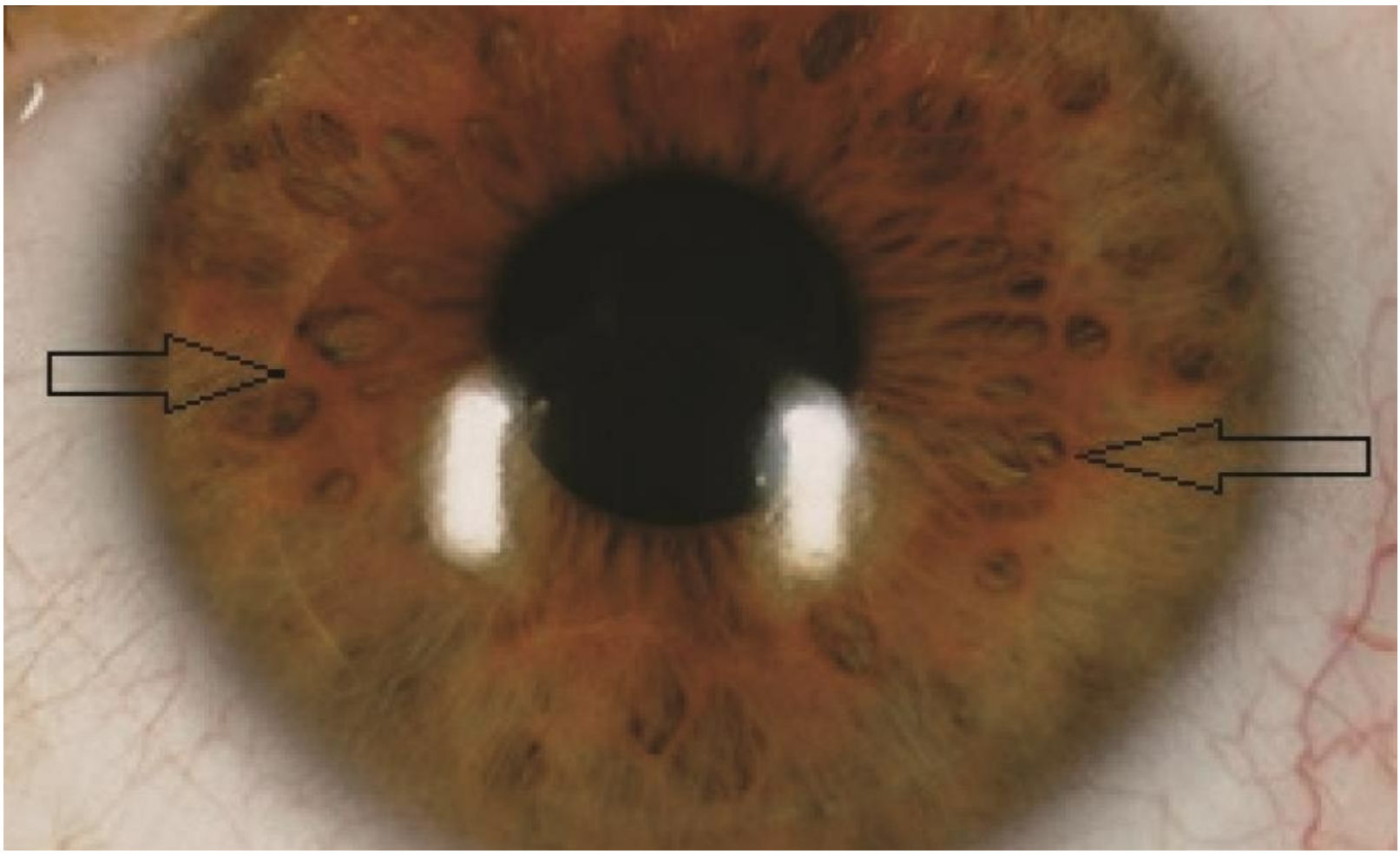
Crypts: Very dark, small lacuna, usually diamond shaped, and right along the collarette. Where they are located along the bowel indicates a family history of issues such as diverticulitis, etc. If located right along the pupil border, consider it a sign of Leaky Gut Syndrome.

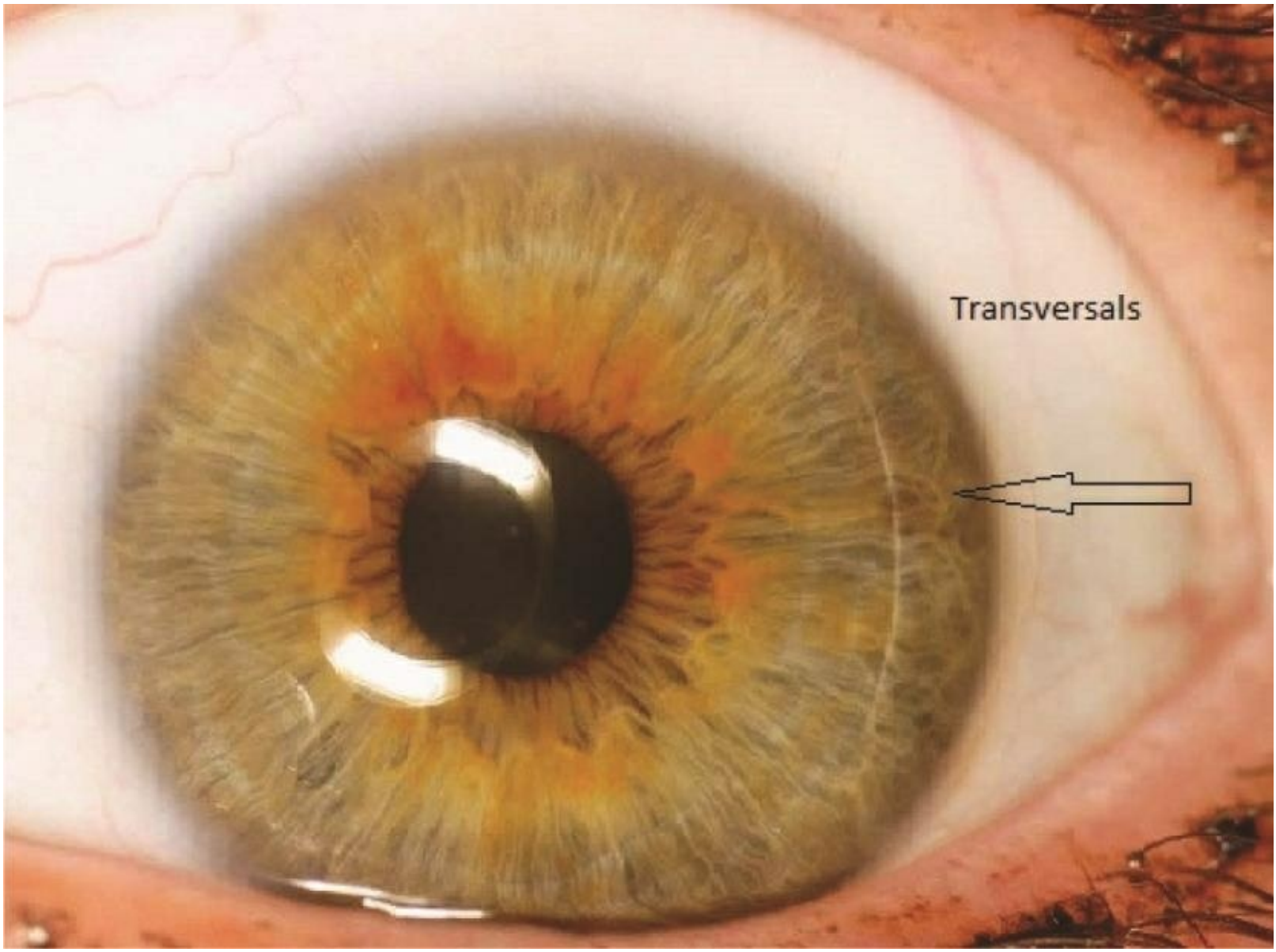
Defect Signs: (DM) These are small, even **tiny**, black marks and indicate "genetic defect"; although tiny, they can indicate a powerful issue in the reaction field. They might be diamond shaped, dot shaped, or lance shaped.

Cords: Fibers together in a bundle which show irritation wherever they are located. For example, if a person has a cord in the sinus area, it would show a chronic sinus or sinus headache type condition.



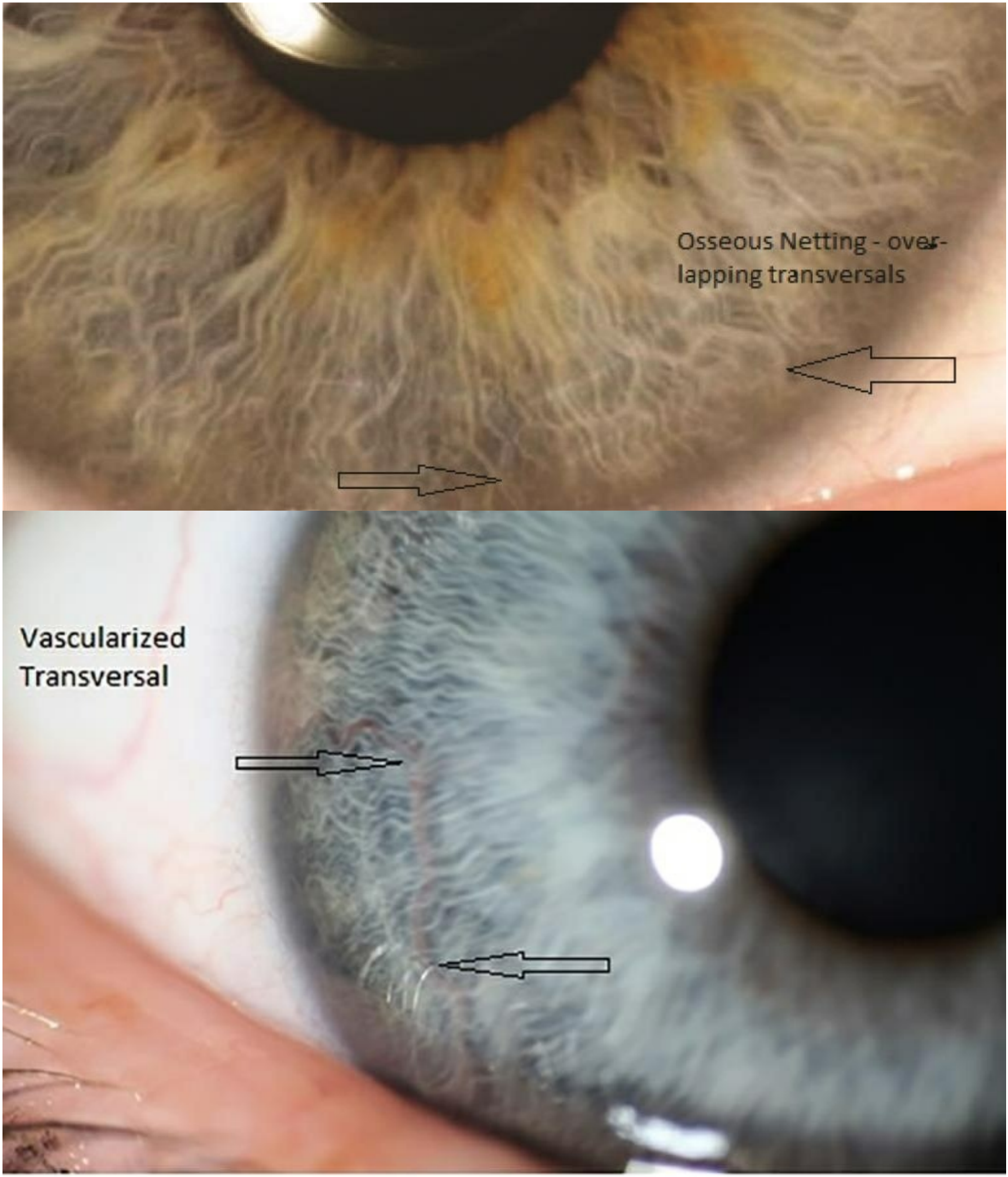
Reflexive Signs: Raised fibers or swollen radials, bright white; they indicate inflammation and hyperactivity in the areas where they are discovered.





Perifocal Lightening : This looks like a lacuna (football shape) in the eye with a very bright white band bordering it. “Focal” meaning around or surrounding a focus, like a focus of infection, thus it shows inflammation in a local area, but often of long standing.

Transversals: These fibers appear to have fallen down and run tangential to the stroma or fibers - they travel across the grain of the regular fibers. The lighter or whiter they are, the more tendency for pain or irritation. They may be of various sizes, thick or then, but usually are curved and go between two or three zones. They are “topostabile.”(The issue is where the mark appears.)



Osseous Netting: Transversals intersect in a crisscross pattern; may indicate arthritis.

Vascularized Transversals: These transversals are pink or reddish, indicating that the coating on the vessel is gone, exposing the fibers to greater injury and distress. A vascularized transversal is more serious or advanced than a regular transversal. (Think of a wire without its plastic coating!) The color can vary from white to pink or red, the intensity of the color indicating the severity of the sign. The significance varies according to the location, shape and color.

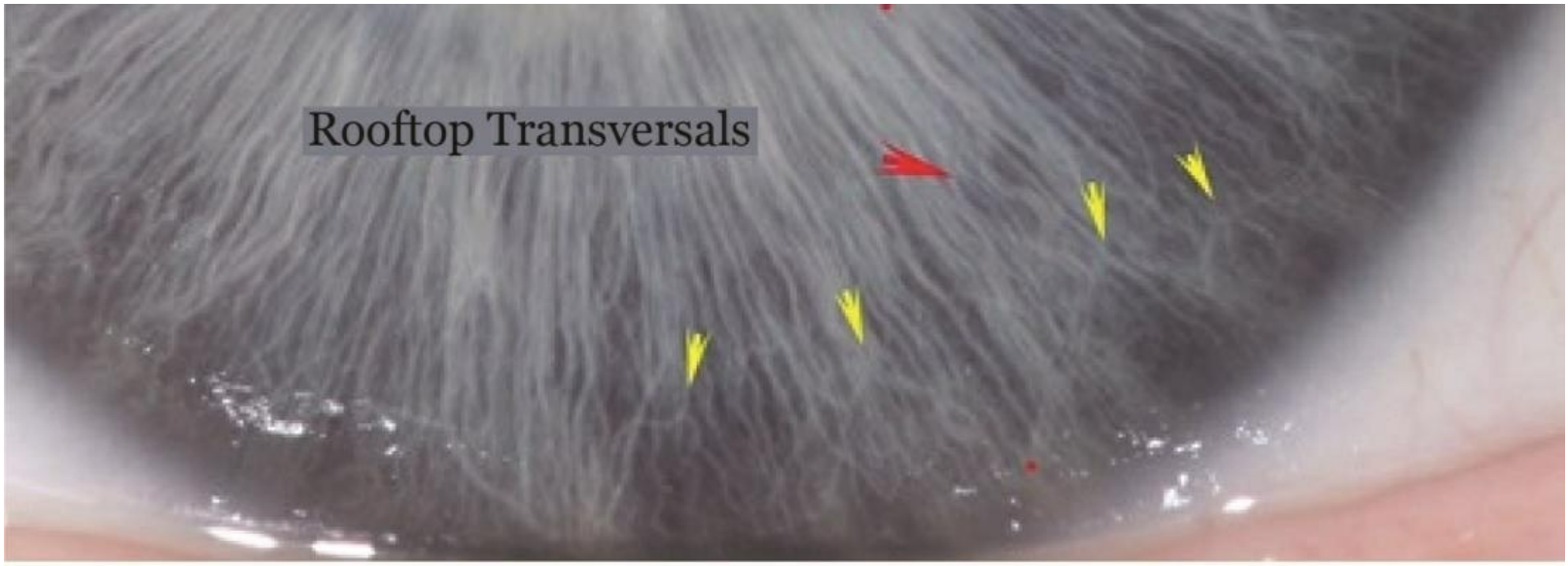
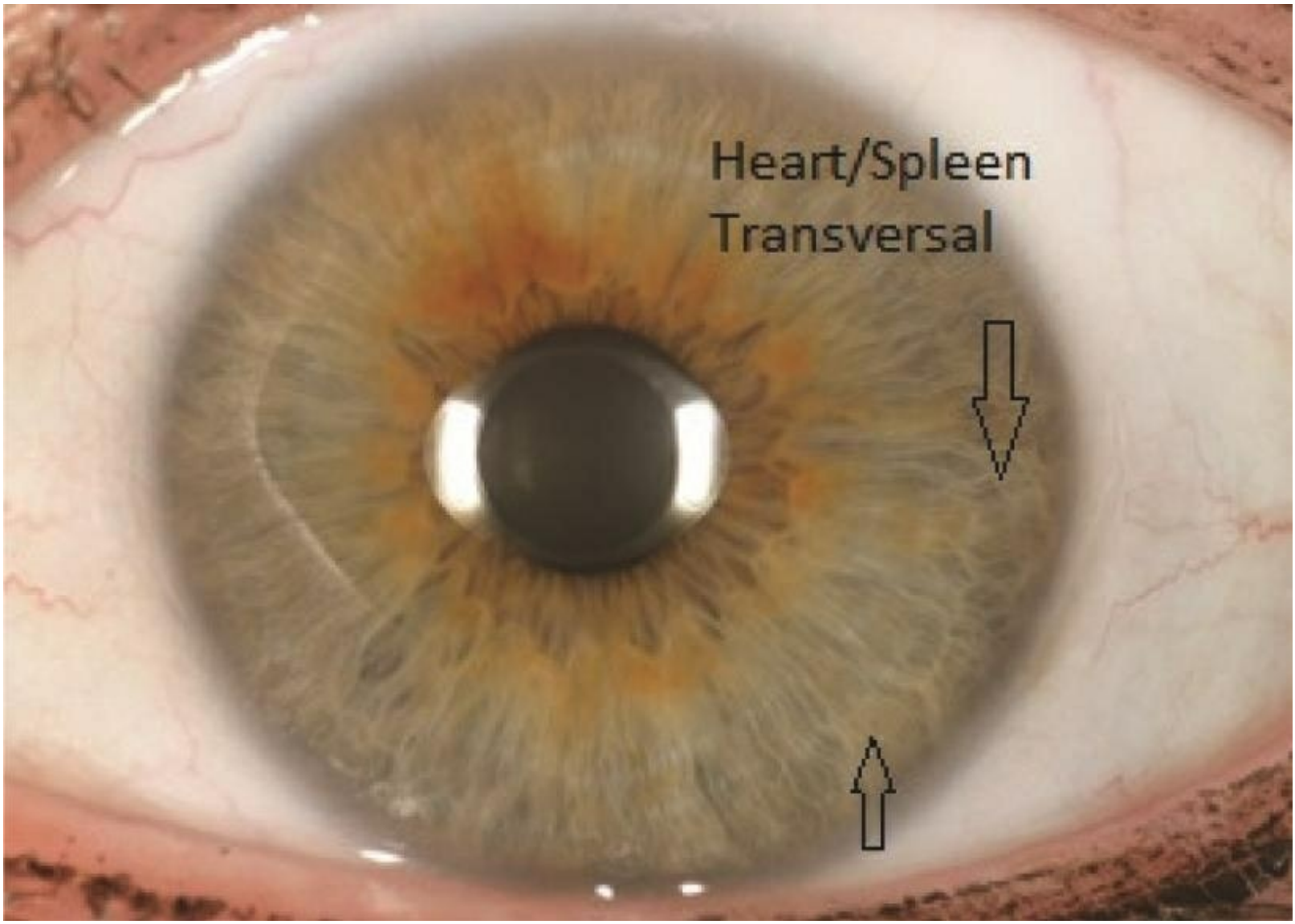


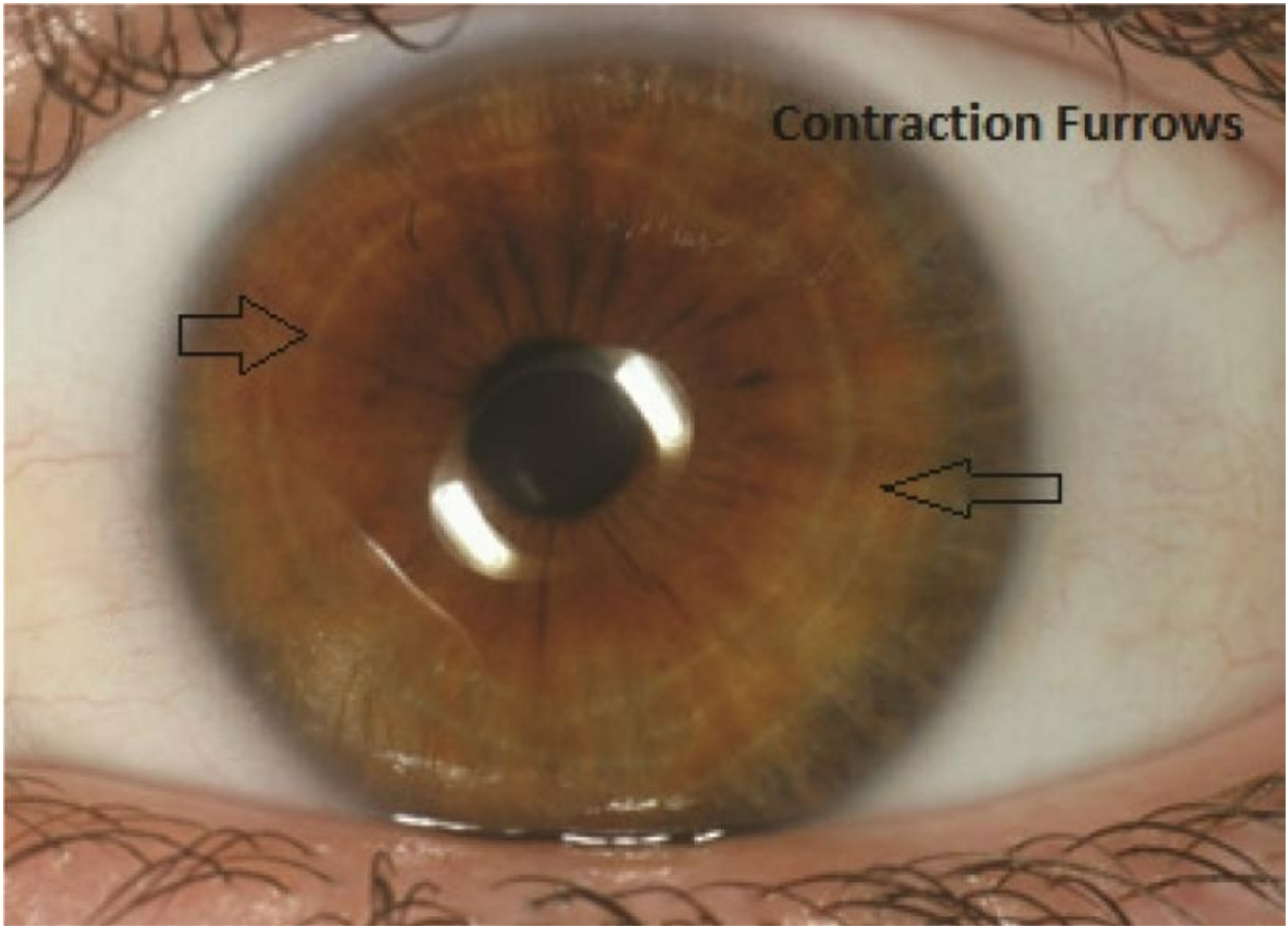
Photo Caason Tann, (http://sivasanta.blogspot.com

Roof Top
Transversals: Vshaped and look like roof peaks; usually in zones 6 and 7 and relating to the legs, hips and abdomen.



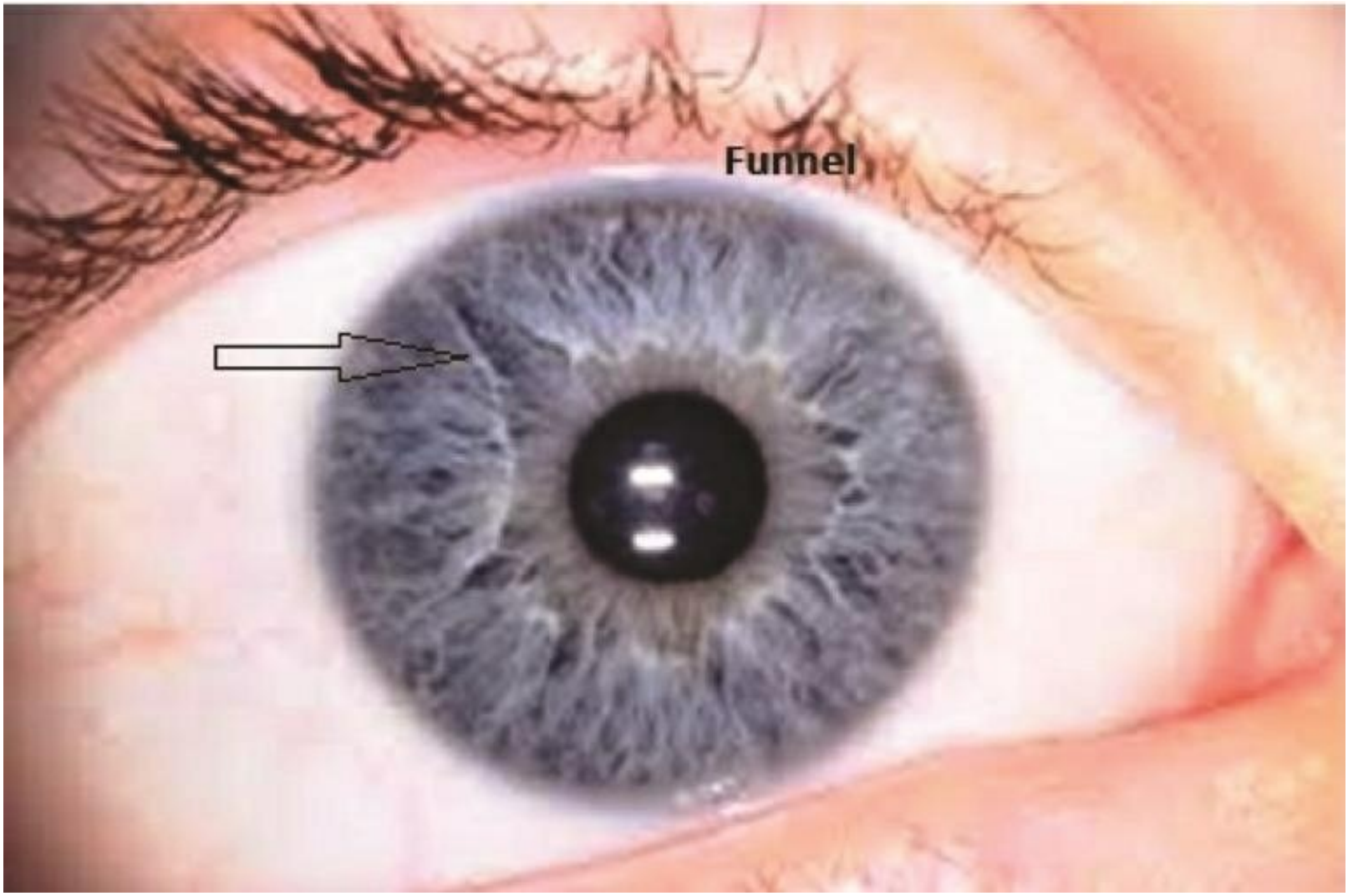
Heart Spleen transversal : Runs between the heart and spleen in the left eye; indicates increased cardiac risk.

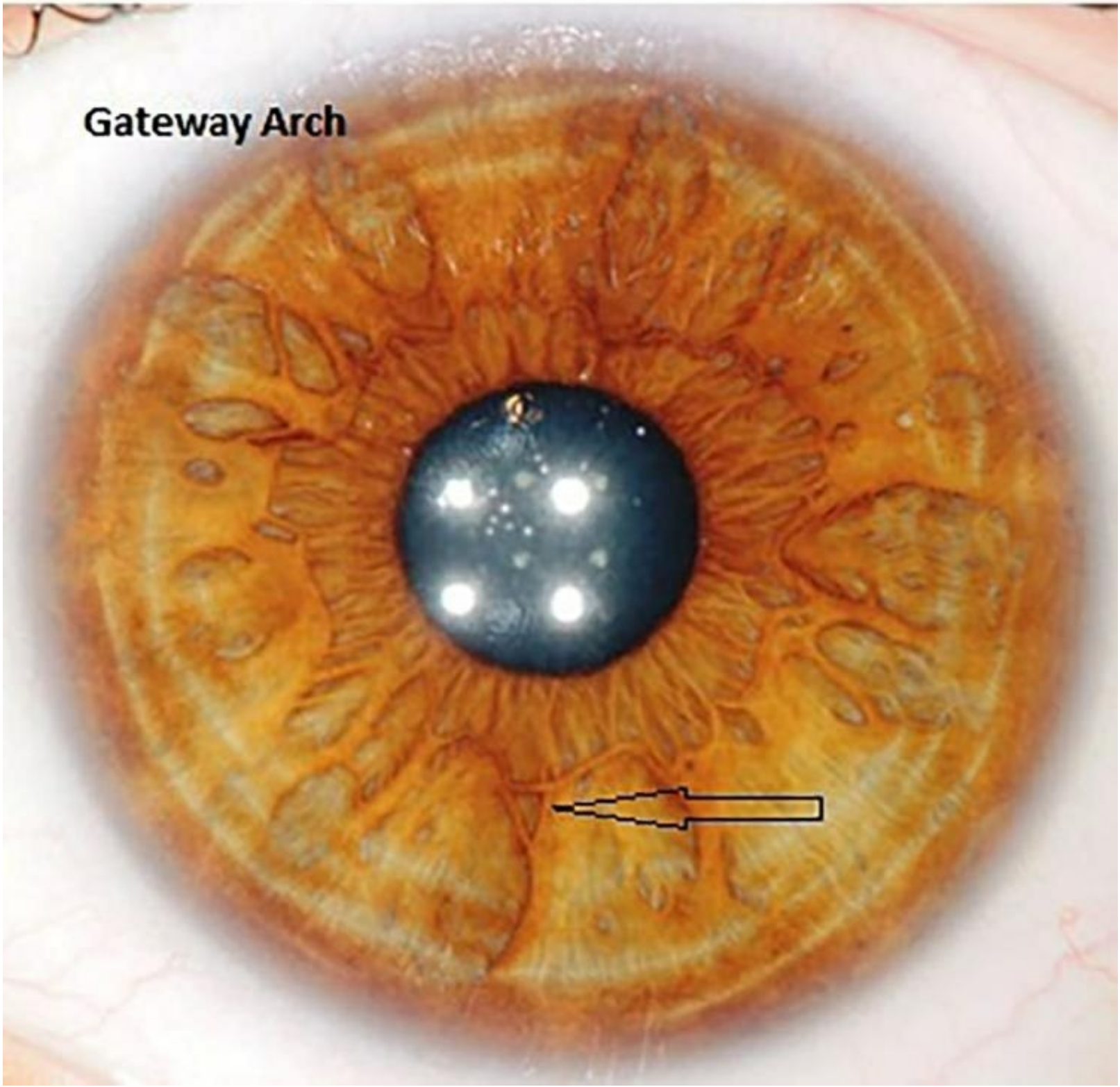
Contraction Furrows: Circular pattern (arc)that cuts across the direction of normal fibers; it appears as rings. Known as **Nerve Rings or Stress Rings** in Early American iridology, they are often referred to as **Neuro-muscular Rings** today.



Contraction Furrows are related to tension and
indicate someone who expands and contracts, goes from introverted to extroverted. It is a genetic pattern which can appear deeper at times of greater stress.

When looking at Contraction Furrows, consider how deep they are, where they stop and start, and where they are located.


Funnel

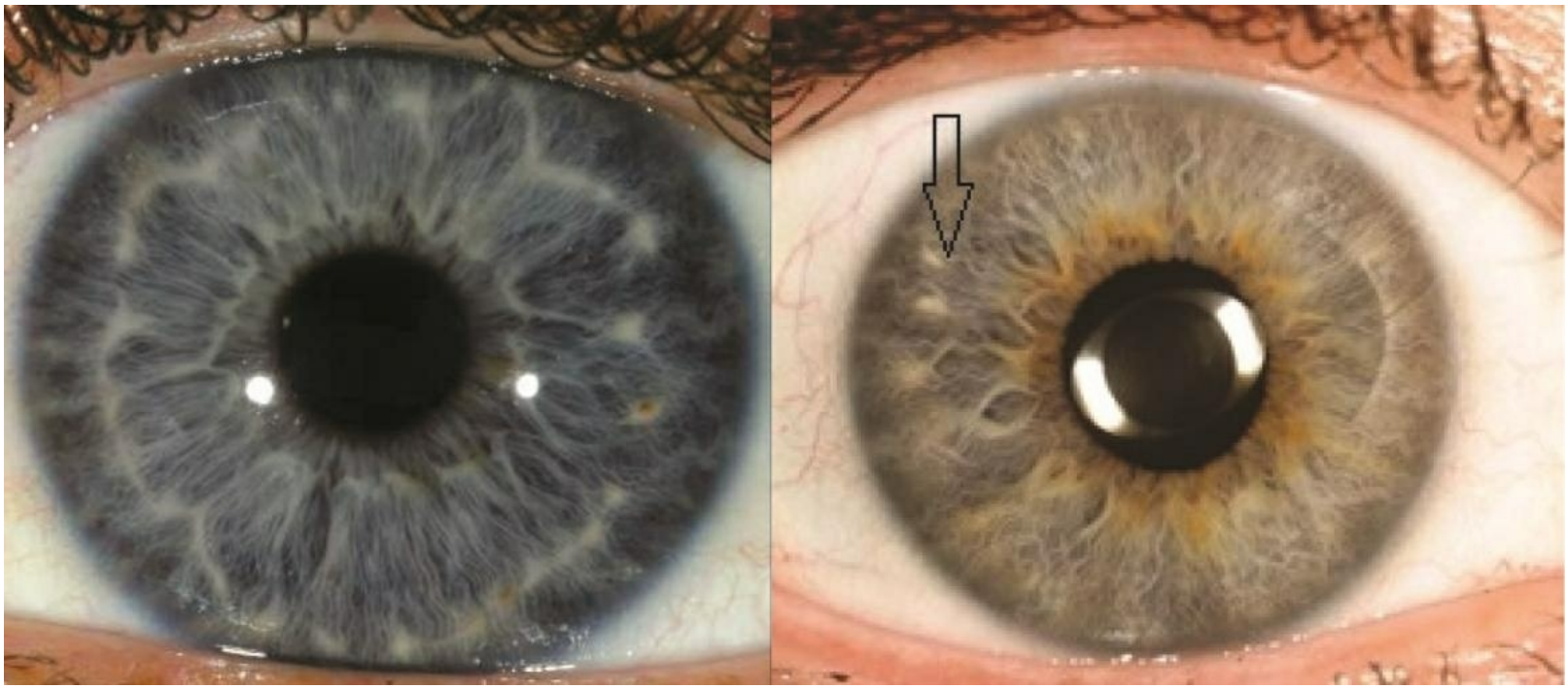


Funnel: A break or opening in the collarette which shows weakened nerve energy to the area it opens to. I always look to the reaction field and the bowel, as there may be a toxic bowel condition relating to the physical field where the break occurs. If there is a break in the collarette (remember it is also called the ANW or Autonomic Nerve Wreath), the nerves are lessened there.

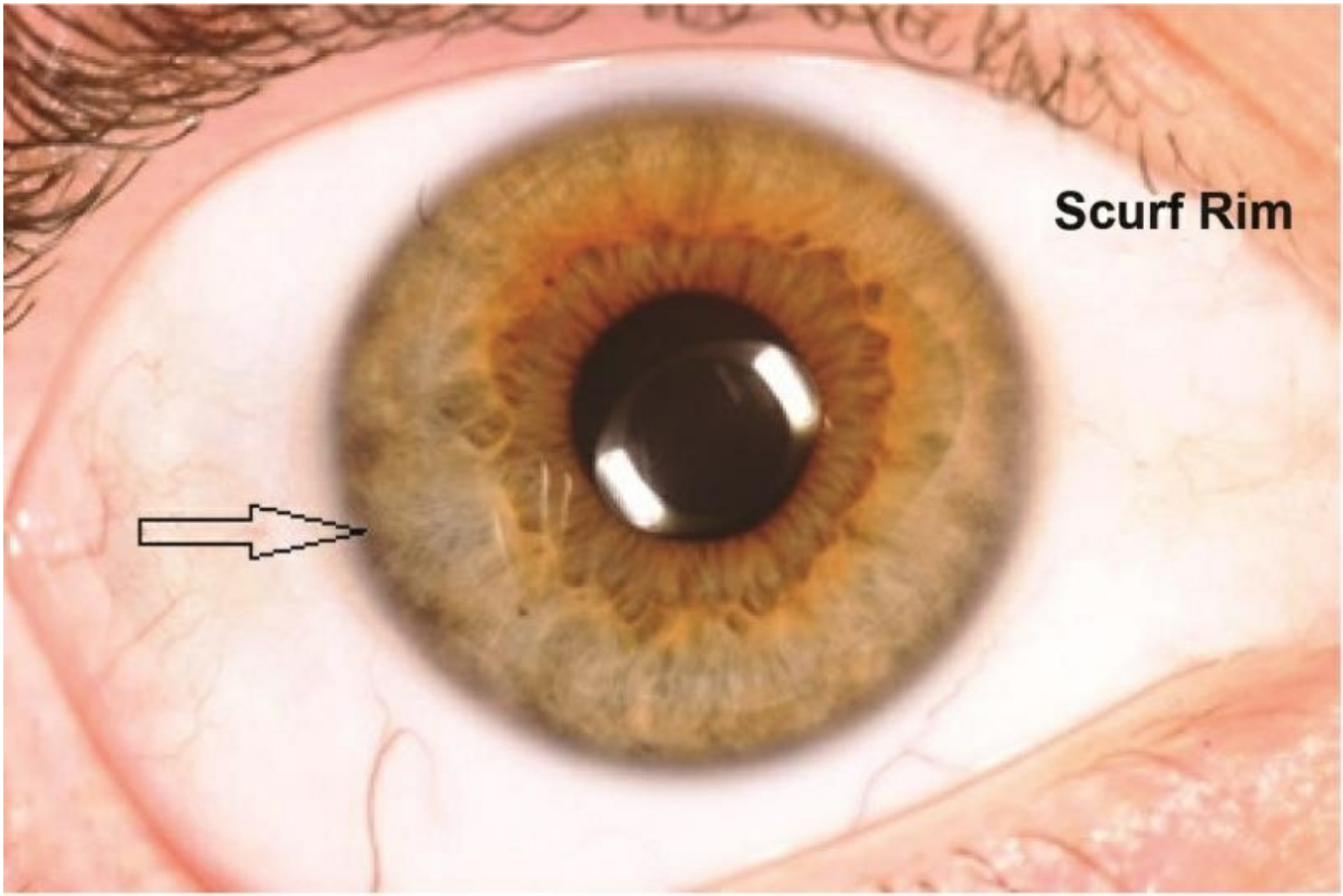
Gateway Arch: Also called a **bridge** because it appears to make a bridge over an area of the iris. Viewing these arches, one feels that he could pick it up or slip something under it, as it is raised up. Usually it is associated with pancreas or diabetes- type issues. In this illustration, the arch is in the pancreas zone, topostabile.

Tophi: (Lymphatic Tophi, also referred to colloquially as the **"Lymphatic Rosary").** These are small, white, or yellowish fluffy collagen bundles, individually called tophi. If not white, it may indicate toxic lymph (lymphatic holding). If bright white or joined together, we look for progression in the lymphatic holding pattern (not draining, not cleaning)

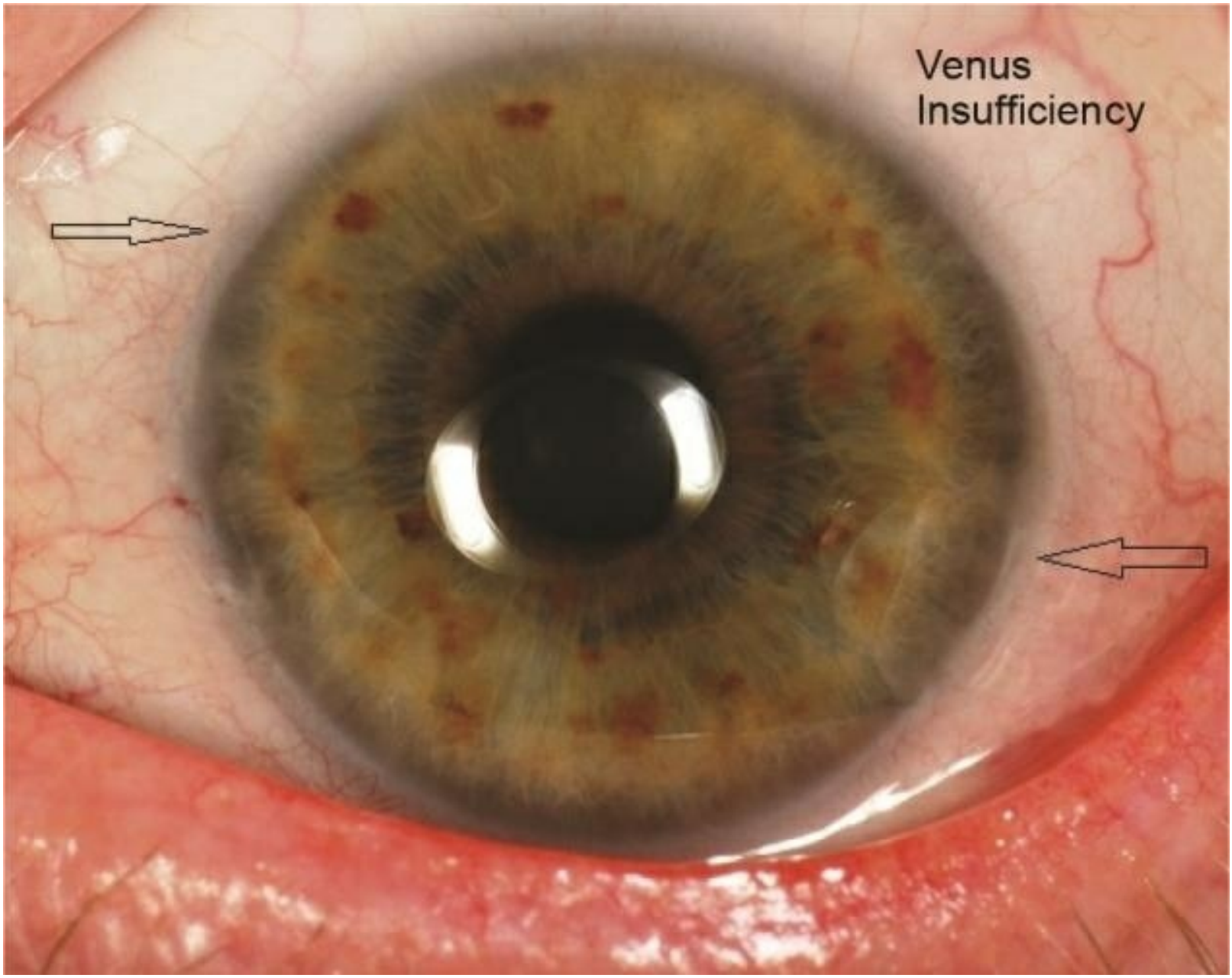
a. Known as *Brushfield Spots* by ophthalmologists; b. Another name for the tophi or spots is *Flocculations*.

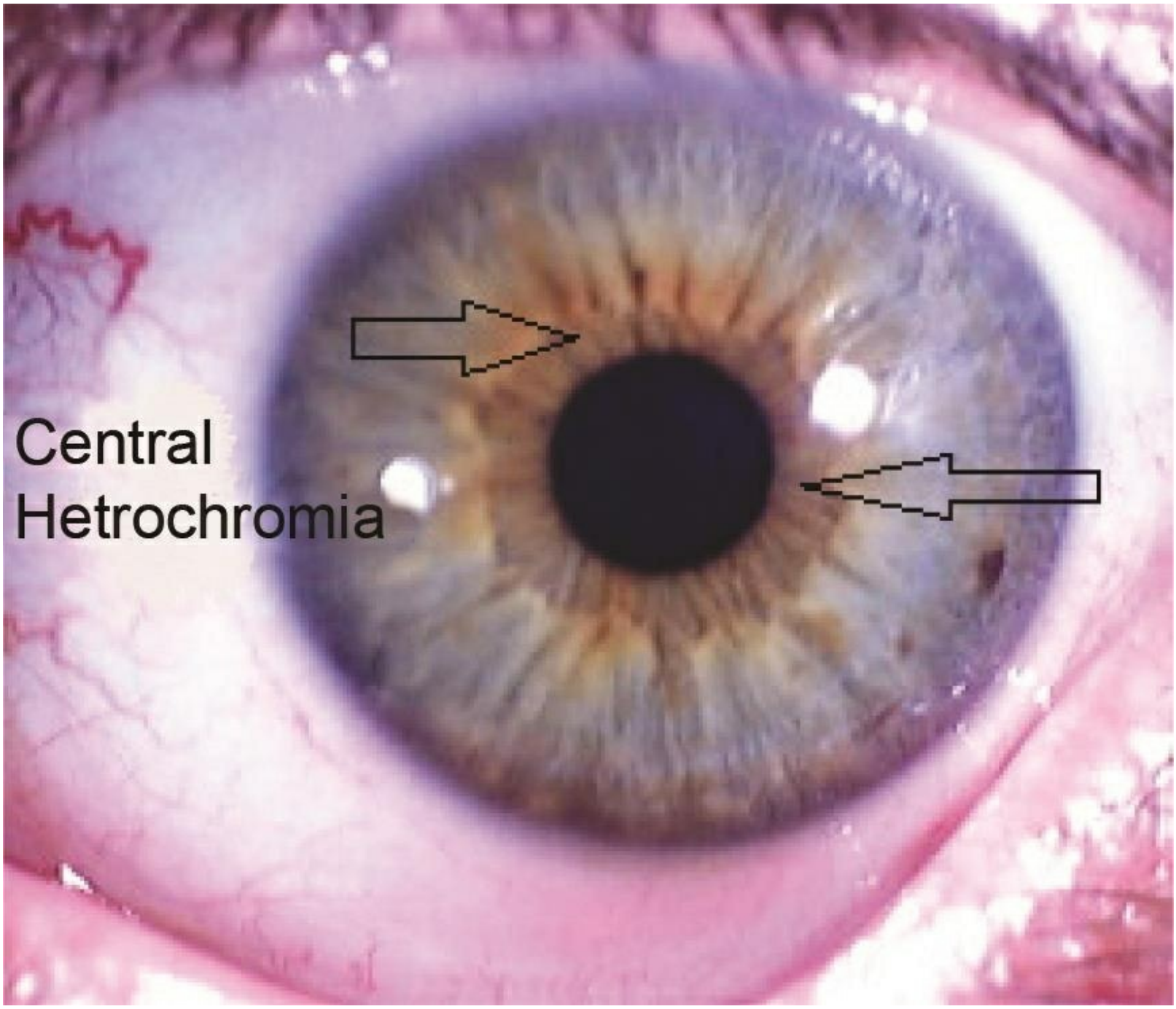


Tophi can be in a complete circle around the iris or in just a few spots.



Scurf Rim: Dark rim around the iris of varying thickness;
indicates skin detox problems and might show disorders such as psoriasis, eczema, rashes, acne, etc.
People with this sign may also be prone to kidney stones and joint problems such as arthritis. In **Rayid**, the Scurf Rim is called the **Ring of Purpose**. It indicates a "sense of special purpose." They feel capable and have a special mission in life.


Venus
Insufficiency


Central
Hetrochromia

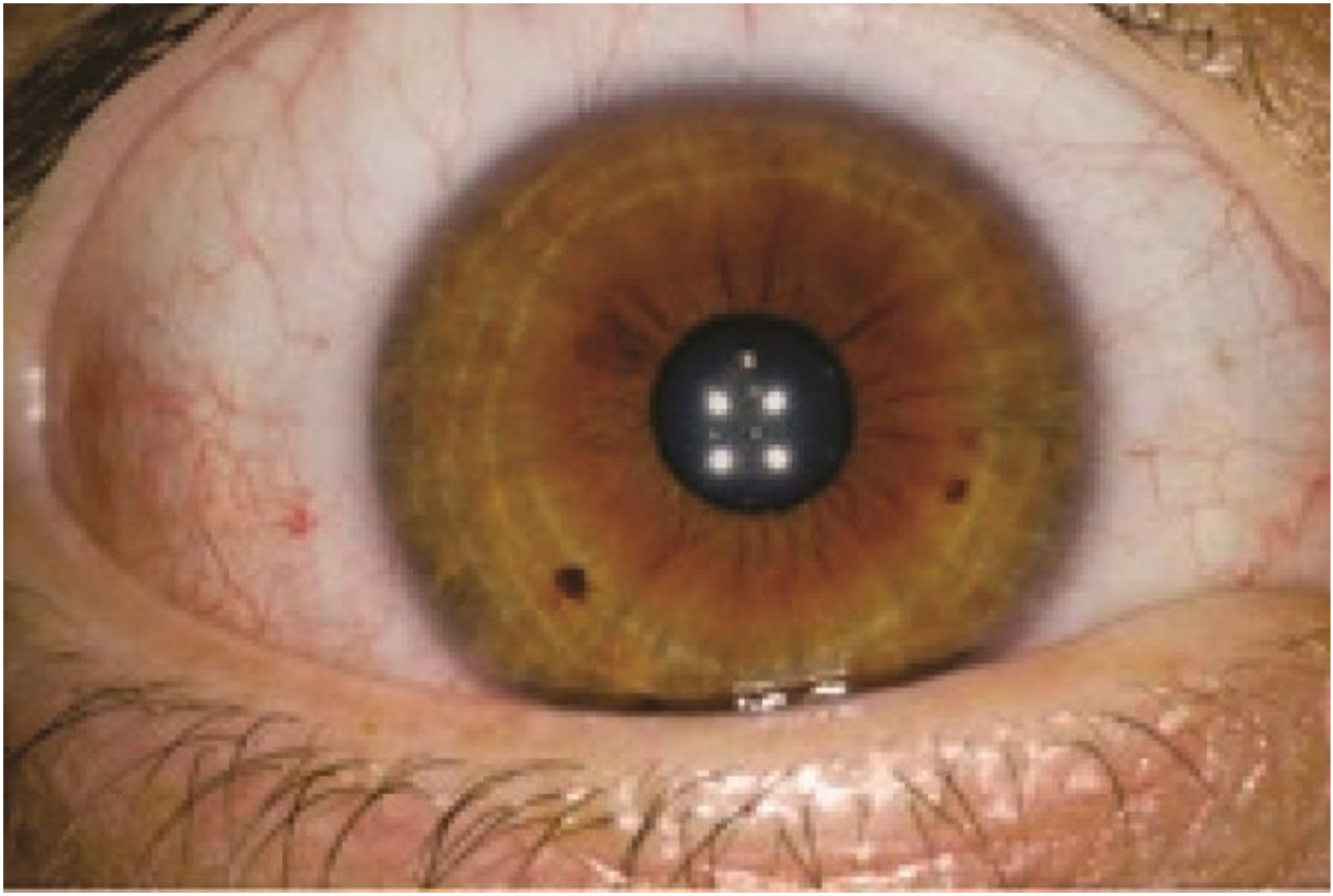
Circulatory Ring: Also known as “Venus Insufficiency” indicates weak circulation. It looks like a blue ring outside of the skin zone in the sclera. Be cautious with brown eyes and photography, as it can be misleading or a reflection. Blue **Circulatory Ring** showing on the sclera of the iris at left.

Central Heterochromia: A different color pigment concentrated in and around the nutritive zone, indicating elimination problems, gas, liver and gall bladder issues, as in the photo at left. The entire nutritive zone is of a different, darker color, and it also flows across the collarette.

Sectoral Heterochromia: A sector of the iris that has a different pigment

than the rest of the iris; for example, a blue eye might be brown between 5 and 9 o'clock. This may or may not be significant to health. A **Hypotropic Heterochromia** is lighter or with less pigment than the rest of the iris rather than darker.
Hypertrophic Heterochromia: Hypertrophic means with a sector of color (such as yellow, orange or brown) anywhere in the iris; this would also indicate whether it is related to kidney, pancreas, etc.). For example, orange at the bottom would indicate pancreas.

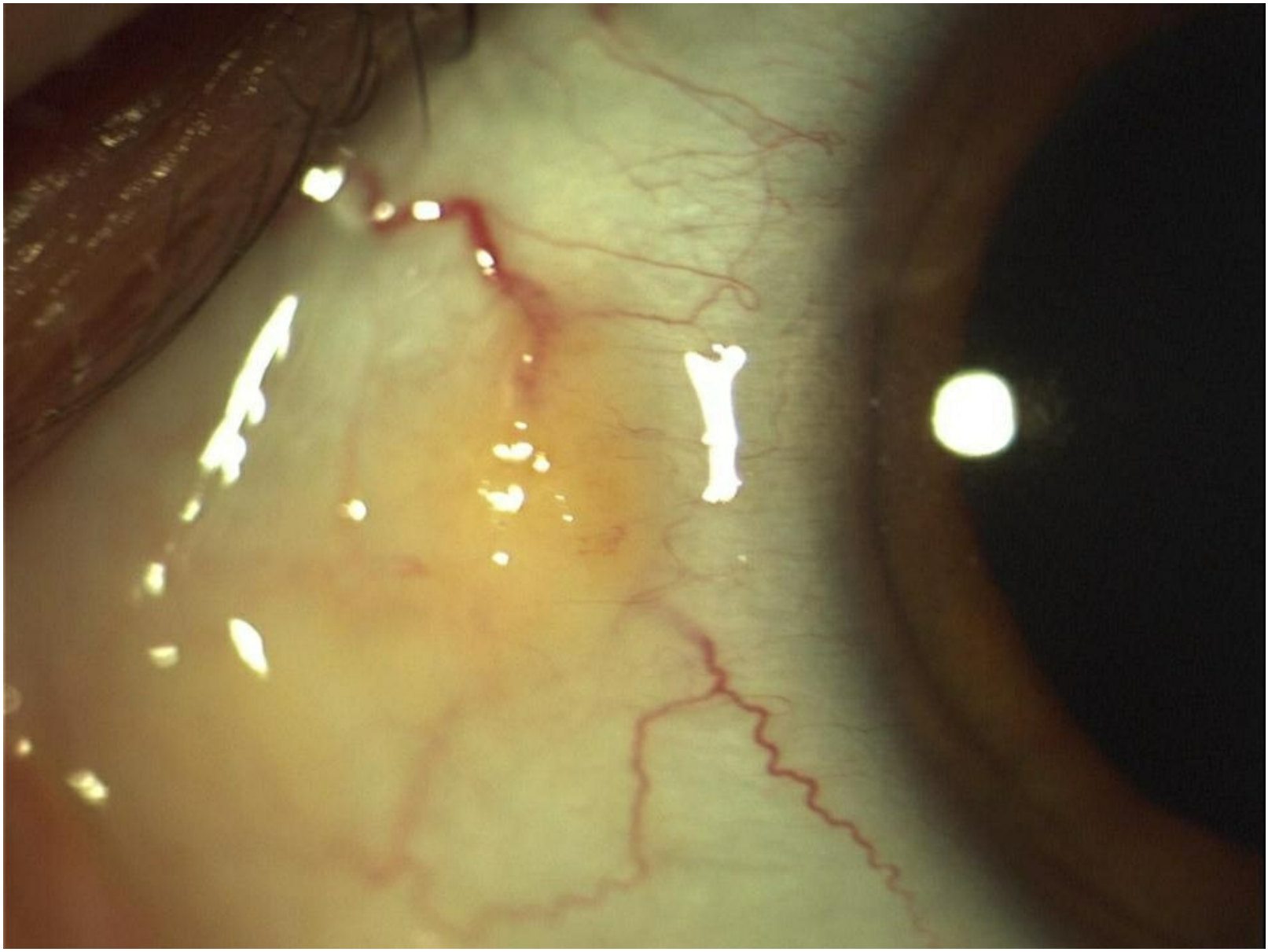
Pigments: Spots of varying size which call our attention to an area. The color will indicate the organ or gland of genetic origin; an organ with a pigment on top needs nurturing.



Pigments may be **topostabile**
(important because of location) or **topolabile** (pigments scattered anywhere in the iris…if pigments are brown: liver, if yellow pigments: kidney, regardless of locale). See more about color on the next page.

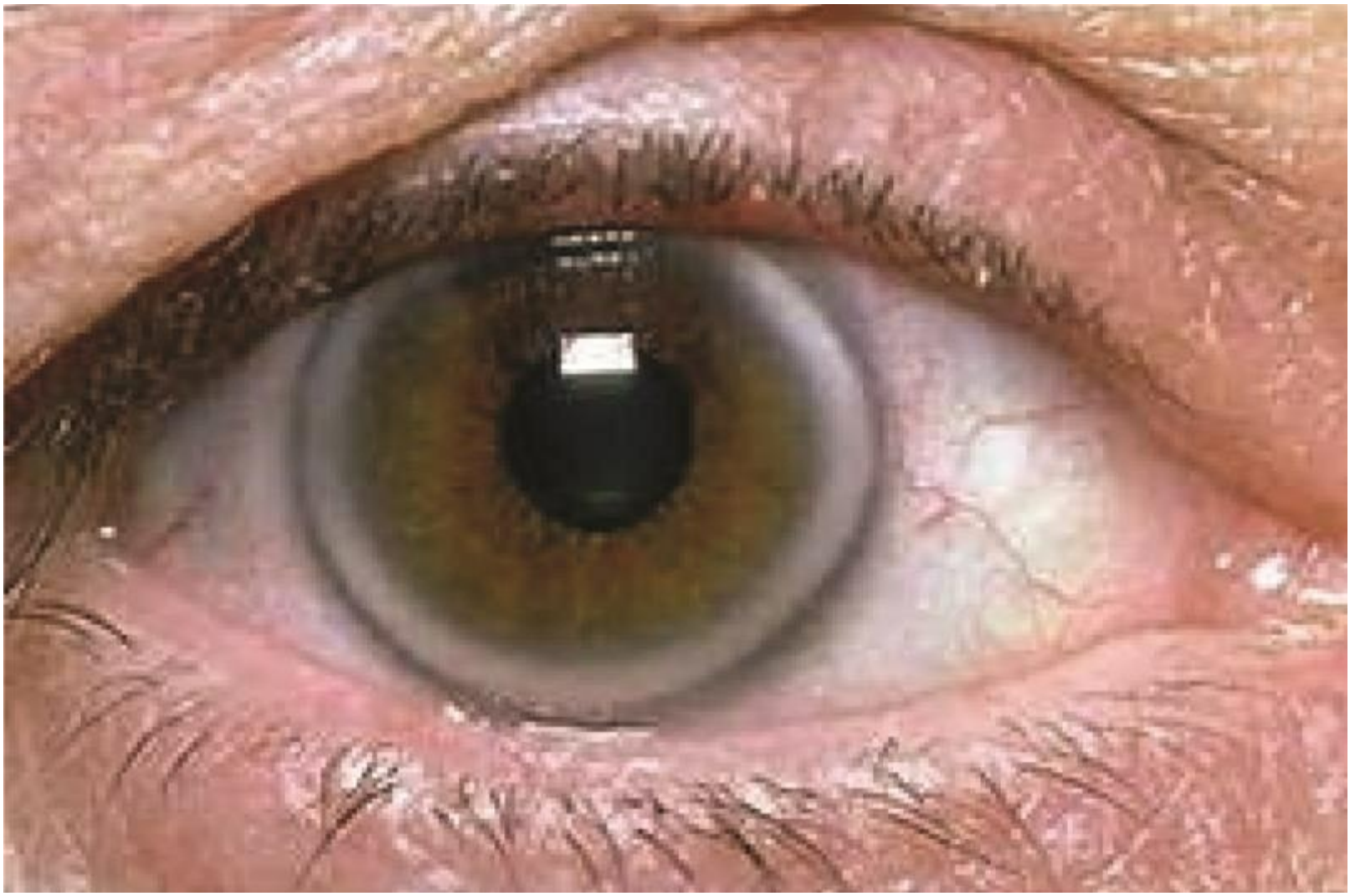
For example, the pigment at 8:00 would be topostabile because it is in the liver zone. But, the pigment at 4:00 is topolabile and indicates liver also.

Pterygium: Thick, clear to white growth covering part of the sclera and iris which may have to be removed but which will likely regrow. Most often it is related to outdoor activities such as blowing dust or snow, sun or glare.



Pinguecula: A
yellowish lump of conjunctival tissue which may indicate faulty fat metabolism and stress in the liver. Also look at the
thyroid as well.

Corneal Arcus: (Lipemic Diathesis) This is really a sclera sign; fat accumulation found on the periphery of the iris which indicates cardio vascular as well as liver, thyroid and pancreas issues. It may be a total or partial circle.



Lipemic Diathasis or Corneal Arcus

Commonly called the *cholesterol ring* this mark is more significant in those under fifty years old, as the correlation grows less important as one ages. Note where it occurs:

a. Top of the head – Brain areas
b. Inferior – legs and hips
c. Temporal – heart

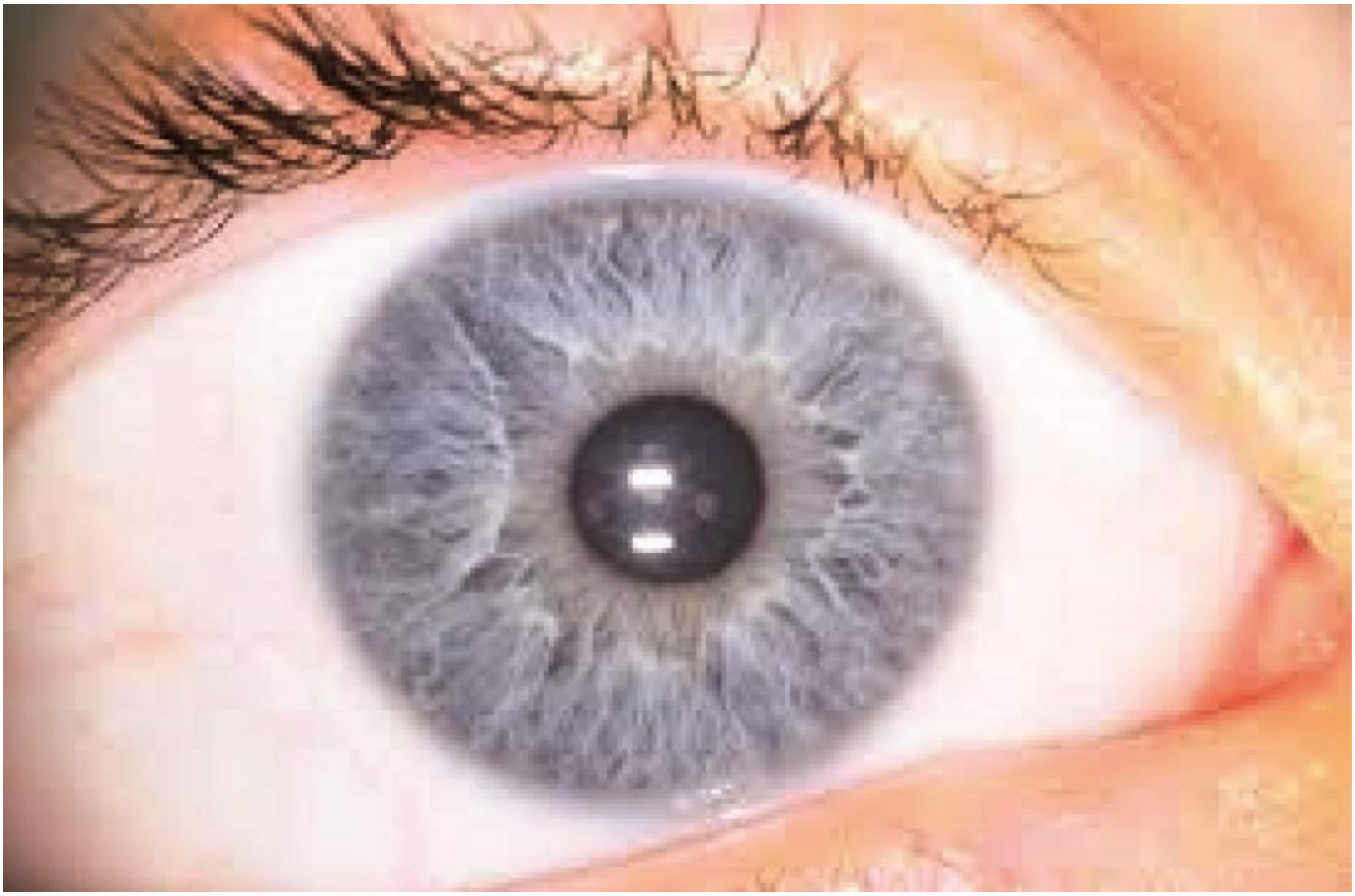
CHAPTER FIVE: CONSTITUTIONAL TYPES BY COLOR

While there are three main constitutional types, *Lymphatic (blue), Hematogenic (brown), and Biliary (hazel or mixed),* we also categorize by Color and by Structure. The next pages take us through each color and its major sub-categories as well as structure.

So, to understand one's constitutional type, we need to consider three areas:
1. What is the color – blue, brown, or mixed?
2. What is significant in the structure? Does it vary from smooth, have rings or lines?
3. Is there anything showing up on the surface such as deeper pigment colors, tophi, corneal arcus (white ring)? Pigments pull our attention to a certain area, and appear to be inherited or acquired by lifestyle and exposure.

Constitutional Types: General Overview

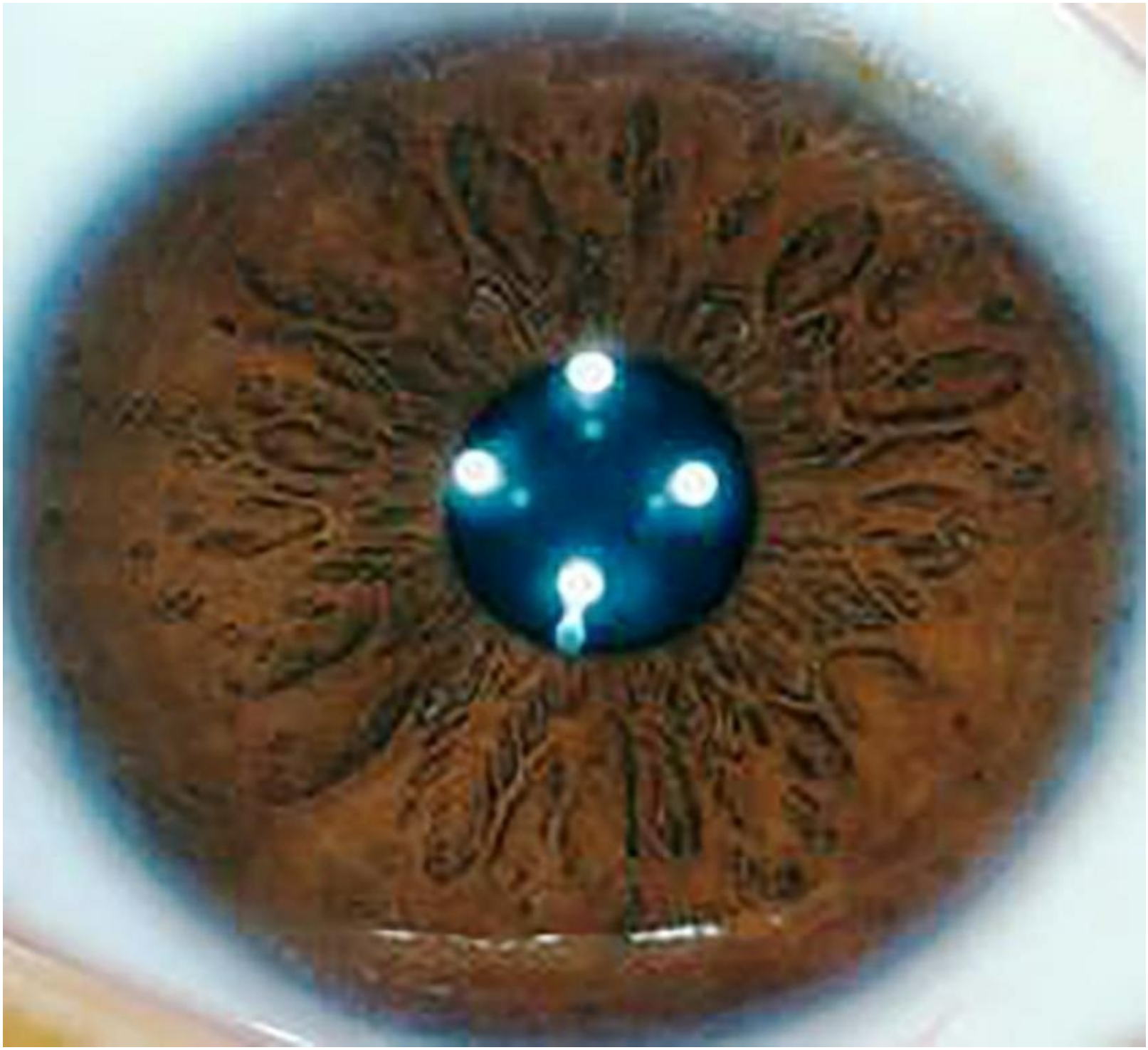
1. Blue-eyed type (**Lymphatic**): These eyes are basic blue, with blue-white, or blue-grey backgrounds. These people have to pay particular attention to the following areas: upper respiratory and mucous membranes, bronchioles, villi of the lungs, digestive tract, uro-genital tract, lymphatic tissues (tonsils, appendix, spleen and lymph nodes) and membranes of the joints. They may be at increased risk for kidney problems and adrenal gland imbalances and find themselves dealing with a lot of mucous or catarrh. Hardening arteries is common in old age.



Their skin is usually lighter. This type needs to avoid dairy products and gluten for good health. Diaper rash and red cheeks indicate an acid condition usually brought upon by food sensitivities such as dairy and wheat or other food additives. Since their lymph moves slowly and their immune system is overactive, they would do well on a program such as the following:
Jump, bounce or use the Chi Machine daily
Pure diet, non-gmo and gluten free, if possible
Drink 10-12 glasses of pure water daily.
Sweat, skin brush, breathe deeply
Keep the kidneys clear; parsley tea, liquid chlorophyll, fresh juices.

2. Brown-eyed type (**Hematogenic**): This is the pure brown eye with heavily pigmented and woven fibers that completely cover the iris. These people seem to be predisposed to imbalances in blood composition, and hence to blood disorders. Many believe this is partly because they tend to

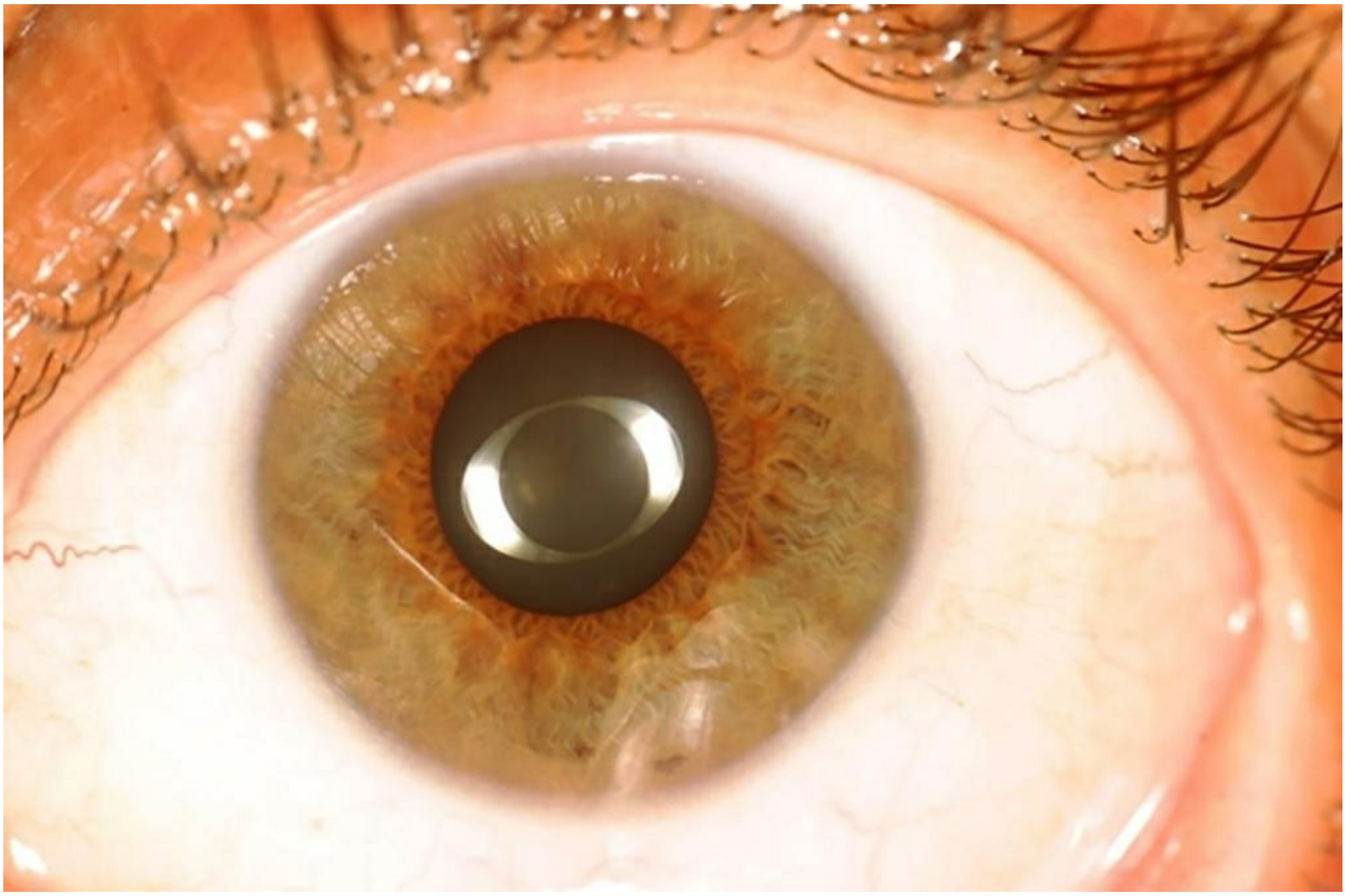
have a difficult time storing an adequate supply of minerals. They seem to have a particular problem in calcium metabolism. These people need to pay attention to the circulatory system (heart, blood, blood vessels), the organs that make the blood (liver, spleen, and bone marrow), the digestive system and the endocrine glands. Blood sugar imbalance also.



Eat and drink foods high in minerals such as green drinks, juices, and seeds. Include enzyme rich foods in the diet or take digestive enzymes. Avoid anemia by eating red, purple and green foods such as cherries,

beets, red cabbage, red grapes, spinach and collards and kale
Do blood cleanses with burdock, red clover, and Pau D'Arco
3. Mixed-eye type (**Biliary**): The mixed eye has discolorations (usually light brown) on top

of a blue background. The fiber structure is visible through the color. This type has to watch out for liver- related problems. Analysis of these color pigmentations in autopsies has shown that they are composed of materials from the bloodstream which have broken down due to liver imbalance. This type has difficulties with breaking down certain foods, which then stress the liver and get into the blood stream. This fires an immune response which can cause these people to have all kinds of "allergies." Hence, the liver and digestive system is usually at the root of their problems, and they may have constipation or diarrhea.



Since the gallbladder and liver are the areas that need to be supported,

avoid fried foods, hydrogenated and partially hydrogenated oils.
Include the good fats such as cold pressed olive, sesame oil, coconut and flax Avoid foods that are constipating such as wheat and dairy.
Do regular colon and liver cleansing
Be careful with sugar and protect the pancreas; avoid white sugar, brown sugar and even honey if there is a known yeast problem.

Subtypes of the Three Main Iris Types Based Upon Iris Color

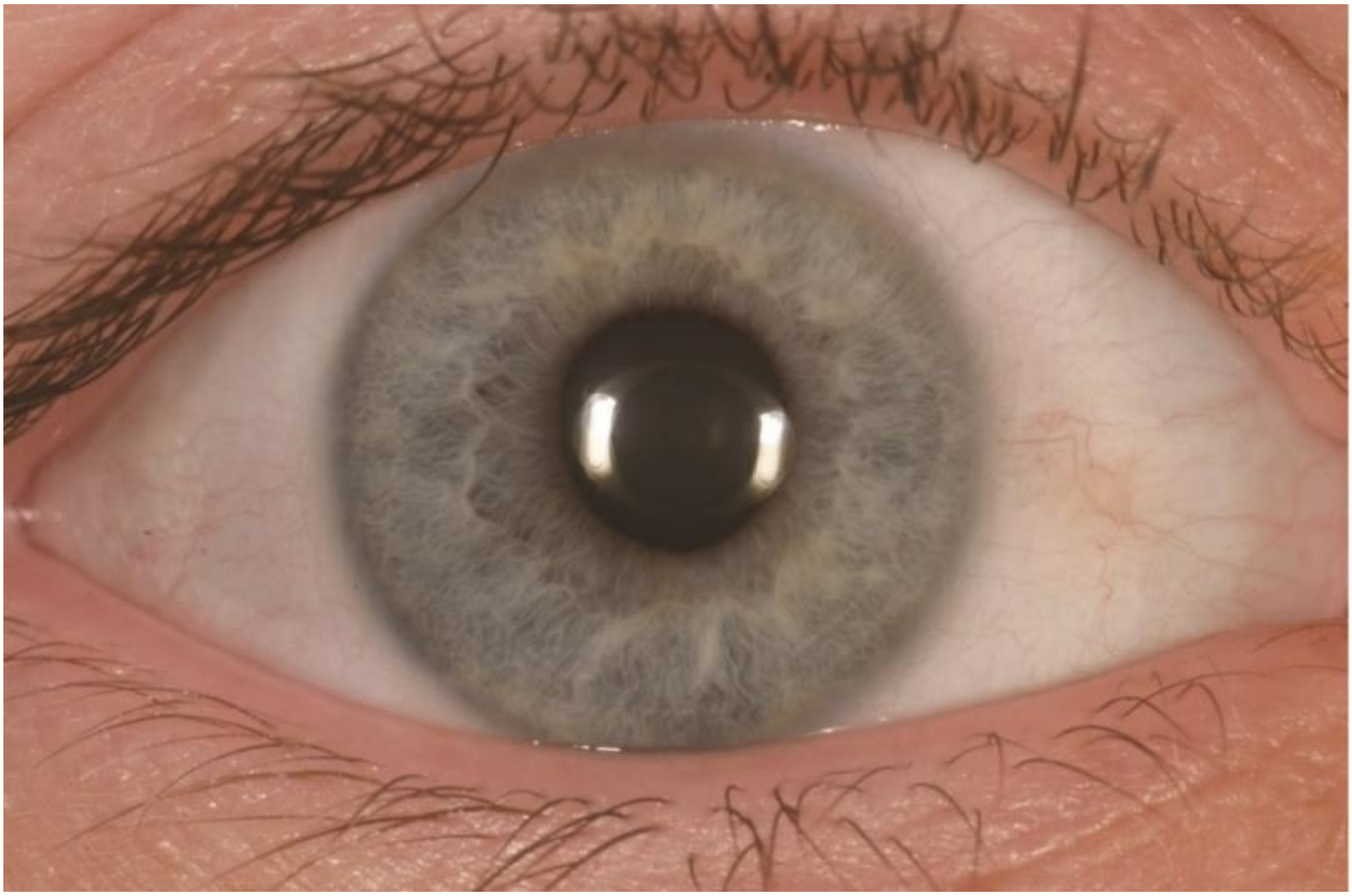
Lymphatic Subtypes can be Over acid Febrile Hydrogenoid Uric acid Scurf rim

Mixed Biliary Subtypes can be Ferrum Chromatose Hydrogenoid Scurf Rim

Hematogenic Subtypes can be Ferrum Chromatose Scurf Rim Hydrogenoid (rarely visible)

Lymphatic Constitution Sub-Types

Can be the following: Over-acid, Febrile, Hydrogenoid, Uric acid, Scurf rim



Over-Acid (Hyper Acidic) Sub-Type By Color
Blue Iris with White Fibers
This person usually has a more acidic body which brings about arthritis, allergies and skin complaints. Consider all of the characteristics of the Lymphatic Constitution amplified.

Many of this type's problems relate to an inability to metabolize proteins properly which also increases uric acid and lactic acid build up while exercising. Because of these acidic tendencies, we have to watch the kidneys and the skin, which is often called the "third Kidney". People with this type eye are more likely to have fibromyalgia and other joint aches and pains. Look for a **scurf rim** which would indicate a lessened ability to release toxicity.

Health Support

Reduce protein intake to 5-10% of the diet (*The China Study*, Dr. Colin Campbell). Avoid refined carbohydrates and minimize fruit sugar intake. Eat alkalizing vegetables such as dark green, leafy vegetables, beets and carrots. Eat whole grains such as quinoa, millet and brown rice.
Water intake is of prime importance to flush the kidneys – filtered water. When in a gout flare-up, drink distilled water for 48 hours and then use neutral or alkaline water such as Ionized water, but not acidic (not good for any eye type).
Take digestive enzymes with all meat or flesh food.

Febrile Subtype
Blue Iris with Very White Fibers

This type has white-blue or steel grey eyes. They will often have mucus flowing via sinus or respiratory infections. They are very similar to the Over Acid, but more intense. One major difference is the usual high

fevers as a child leading to arthritis and joint pain as adults and the ability to develop fevers to help the immune system work.

Health Support

Eliminate heavy meat consumption.
Reduce carbohydrates to 25-30 grams per meal, four times per day.
Learn to meditate, practice yoga, and REST.
Support the kidneys with plenty of water and little or no soda or coffee or black teas. Exercise appropriate to energy level.

Hydrogenoid Sub Type: "Lymphatic Rosary"- Pale light dots in outer zones

These white dots are found in lymphatic areas such as the breast, lungs and sinus and indicate "drainage issues," fluid retention and difficulties getting lymph to move. They usually develop chronic congestion, infections, swollen glands, and respiratory congestion, which are hard to move out of the body. Jensen points out that if there are two or more tophi in the lung area, there is a genetic history of tuberculosis; this "taint" will cause the body to be weaker (*Techniques*, 174).

As adults, this type often develops rheumatism and even rheumatoid arthritis. Allergies to common substances such as dust, dairy products, and pine are common. Heavy sweating.

This pattern in Rayid is named the **Ring of Harmony** and indicates exceptionally high ideals about issues dear to them. They love harmony and seek personal harmony, not always easy for them. Unexpressed expectations and denial of their true ideals can cause these sensitive individuals to feel used or let down by others.

Health Support

No foods that form mucus: flour, sugar, dairy.

Plant-based diet most important
Hydrochloric acid support to digest proteins; organic apple cider vinegar with meals works well.
MOVE THE LYMPH! Skin brush, oil the skin, and then shower. Bounce gently on a rebounder (mini trampoline) or just bend the knees and bounce to music several times daily. Best if done hourly when there are health issues.
Lymphatic massage would be quite helpful.

Uric Acid Diathesis Sub Type
Yellowish or gray plaques; tophi often appear joined together.

This type has uric acid retention, over acidity and weakened kidneys, with a tendency to develop gout and kidney stones. Farida Sharan refers to this type as "Lymphatic Holding" and says that this type has deep levels of lymphatic toxicity via heredity. It is doubly hard for this type to "release."

There is a tendency to swollen glands and edema. While we focus on the lymph and kidneys, remember that this type has accumulated build up throughout the eliminative channels, so look to the bowel, liver and skin as well as the kidneys and lymph system. As children, this type ends up on antibiotics for nasal, sinus and ear infections that won't clear up on their own. This leads to further issues with self-detoxification.

Health Support

Daily Detox for this type, using Zeolite or clay baths
Skin brushing and oiling; follow the same program as other blue eyed types with a greater emphasis on clearing the toxins from the body
For body odor and bad breath, teach them to avoid antiperspirants and chemical mouth washes; instead introduce them to digestive enzymes and HCL (break down rancid proteins) and deodorant stones or even baking soda deodorant

Move, even when they don’t feel like it. Start clients walking or swimming as a 7 day a week activity
Reduce acidic foods to less than 5% of diet, if at all. Does best on a more plant- based or even vegan diet.
Nick named “Lymphatic Holding” by Dr. Farida Sharan

Scurf Rim Sub Type Dark Ring on the Outer Edge

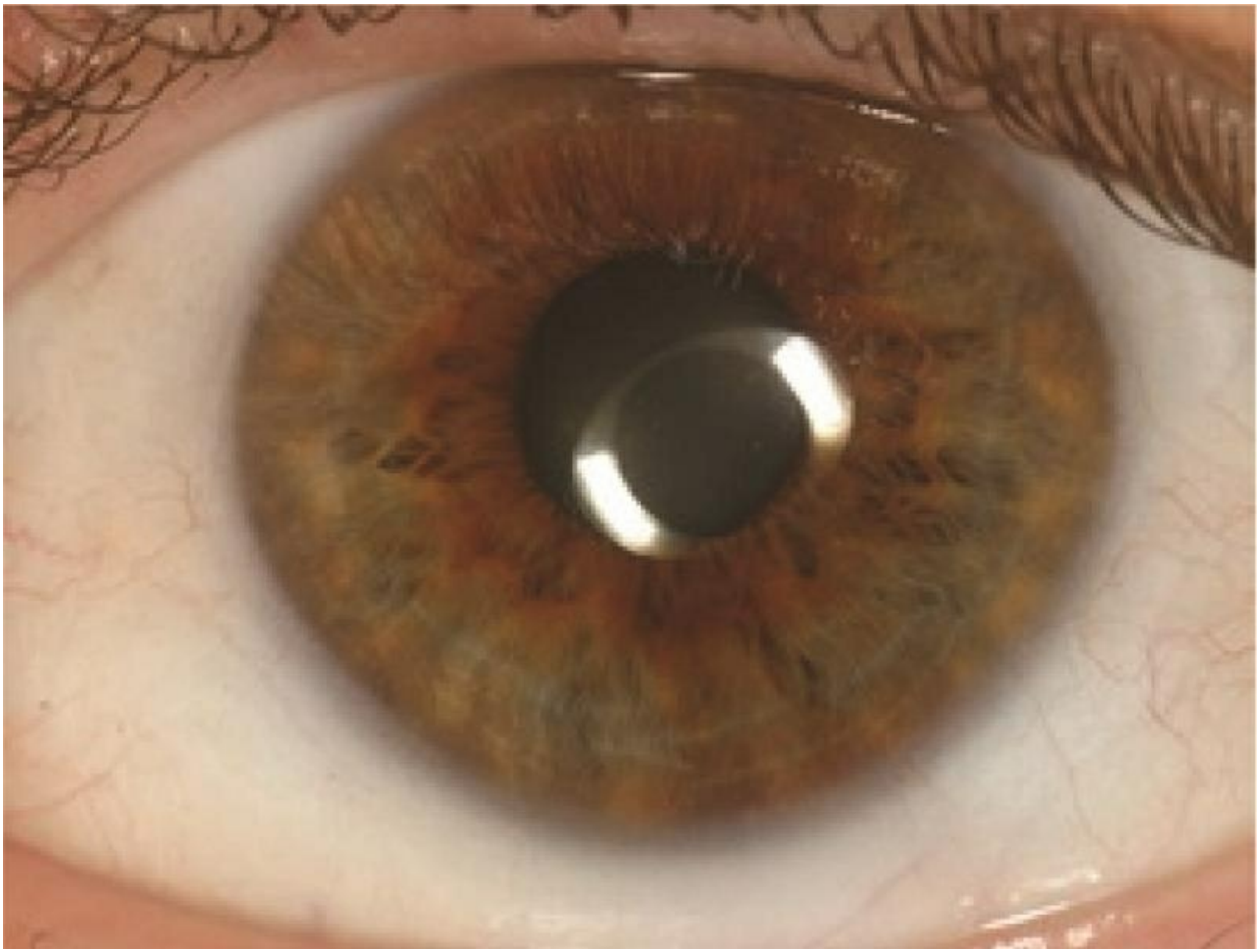
The black-looking ring around the outer ciliary zone illustrates a lack of fibers, not a buildup. It is an indicator of poor elimination through the skin, our largest organ. When the skin is not eliminating properly, it places the burden on the other organs of elimination: kidneys, liver, lymph and bowels.

Skin eruptions such as acne or boils and psoriasis are usual, but also they may be more prone to skin cancers as well, especially if the skin is freckled or fair.
Bathing and brushing the skin is so important to stimulate and exfoliate, letting new skin breathe.
Health Support

Saunas and steam baths
Lymphatic massage with ONLY natural oils such as coconut and jojoba
No synthetics should touch the skin: organic cotton sheets, natural fiber clothing, natural detergents and other cleaning products.
Check shampoos and body wash; brush the skin before bathing and rise with cool water to close the pores at the end of a shower or bath.

Biliary Constitution Subtypes

Can be the following: Hydrogenoid, Ferrum Chromatose, Scurf Rim
Mixed Biliary Irises have some blue and some brown; they have a tendency to manifest symptomology of both types. The scurf rim type is the same as in the lymphatic eye.



Hydrogenoid Subtype
Yellow to brown tophi in a Mixed- Biliary Iris

In the Biliary iris, the same characteristics occur as in the blue-eyed Hydrogenoid type. Because they are a “mixed color” type, this hazel eye will have more characteristics of the lymphatic, Hydrogenoid type, including allergies, congestion, sluggish lymph and joint pain.

Many Hydrogenoid Biliary clients have fibromyalgia-type symptoms due to their sluggish lymph and sluggish eliminative systems.

Health Support

Same as the Lymphatic Hydrogenoid type
Massage
Plenty of water
Exercise, including bouncing, walking and swimming
Include fresh raw foods and eliminate the mucus- producing food such as dairy, wheat and sugar. Raw cheese and milk only

Ferrum Chromatose Subtype Small dark pigments that look like stripes "snuff tobacco"

Characterized by "tiger striping" or these bands of pigments; sometimes groups of small brown pigments referred to as "snuff tobacco." Snuff Tobacco pigments look like tiny little dots all in a certain reaction field; they point to an area that is being affected by the liver. For example, Snuff Tobacco in the eye area points to the liver. An enlarged liver is not uncommon in adulthood.

This type usually needs support in the liver and digestive system overall, with semi-annual cleansing diets such as juice fasting or a regime of colon cleansing and raw diet.

Even though there is usually a problem with iron deficient blood or anemia, do not assume it is an iron deficiency; they may have problems with absorption rather than with a lack of iron (Miller, 81). This type of Biliary eye has traits of the brown eye or Hematogenic.

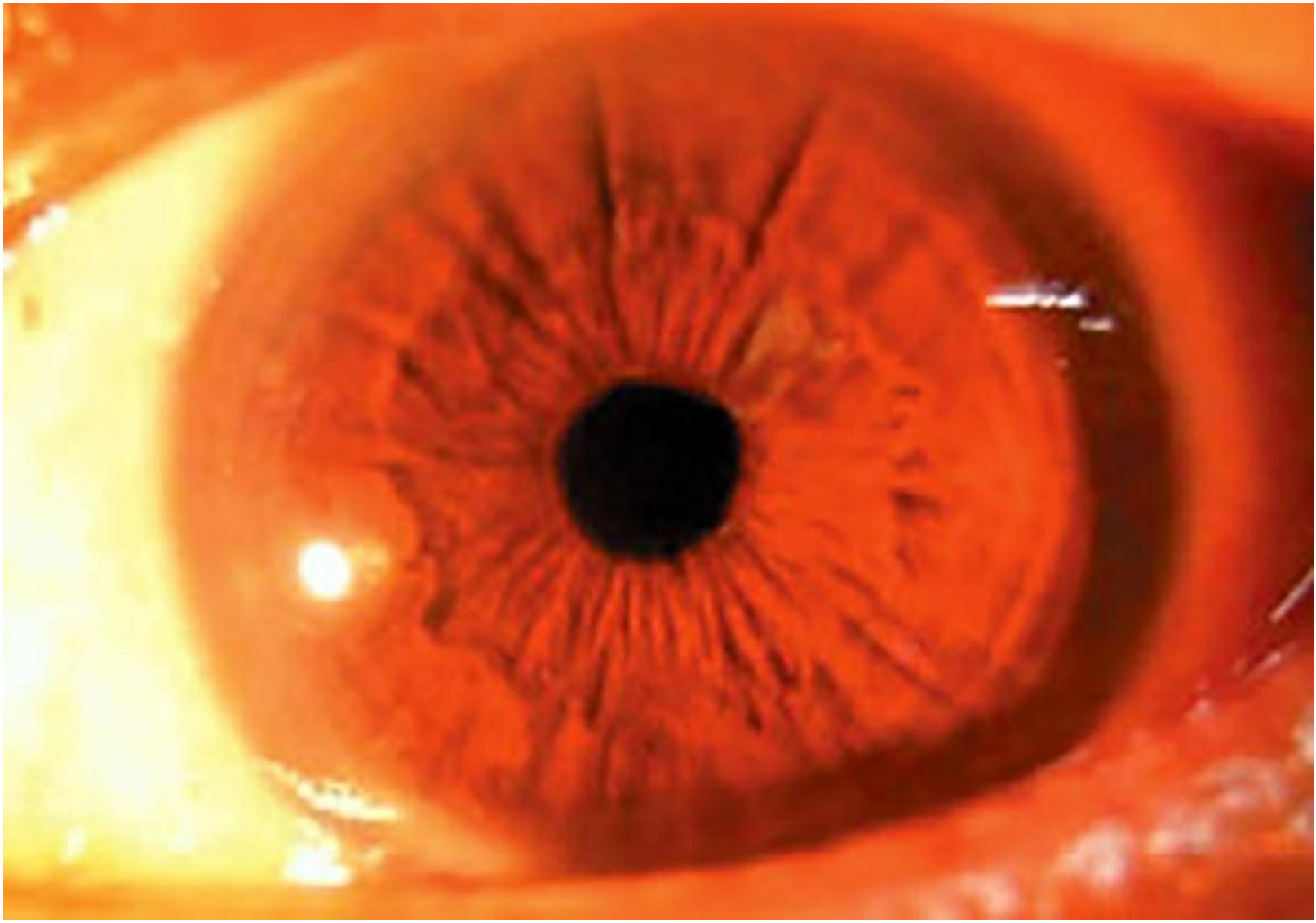
Health Support

Drink fresh squeezed lemon juice in the morning to activate the liver
Dark Green Vegetables in smoothies and salads daily

Beet and Carrot Juice with Celery for minerals
Black Cherry Juice is another rich source of minerals, especially absorbable iron. Consider liver support
Avoid alcohol and stimulants
Castor Oil packs with any liver or digestive discomfort are extremely helpful. Saturate a soft cloth with warm castor oil and place it over the abdomen. Cover with plastic and then a heating pad. Leave on for 45 minutes up to 2 hours.

Hematogenic Constitutional Subtypes

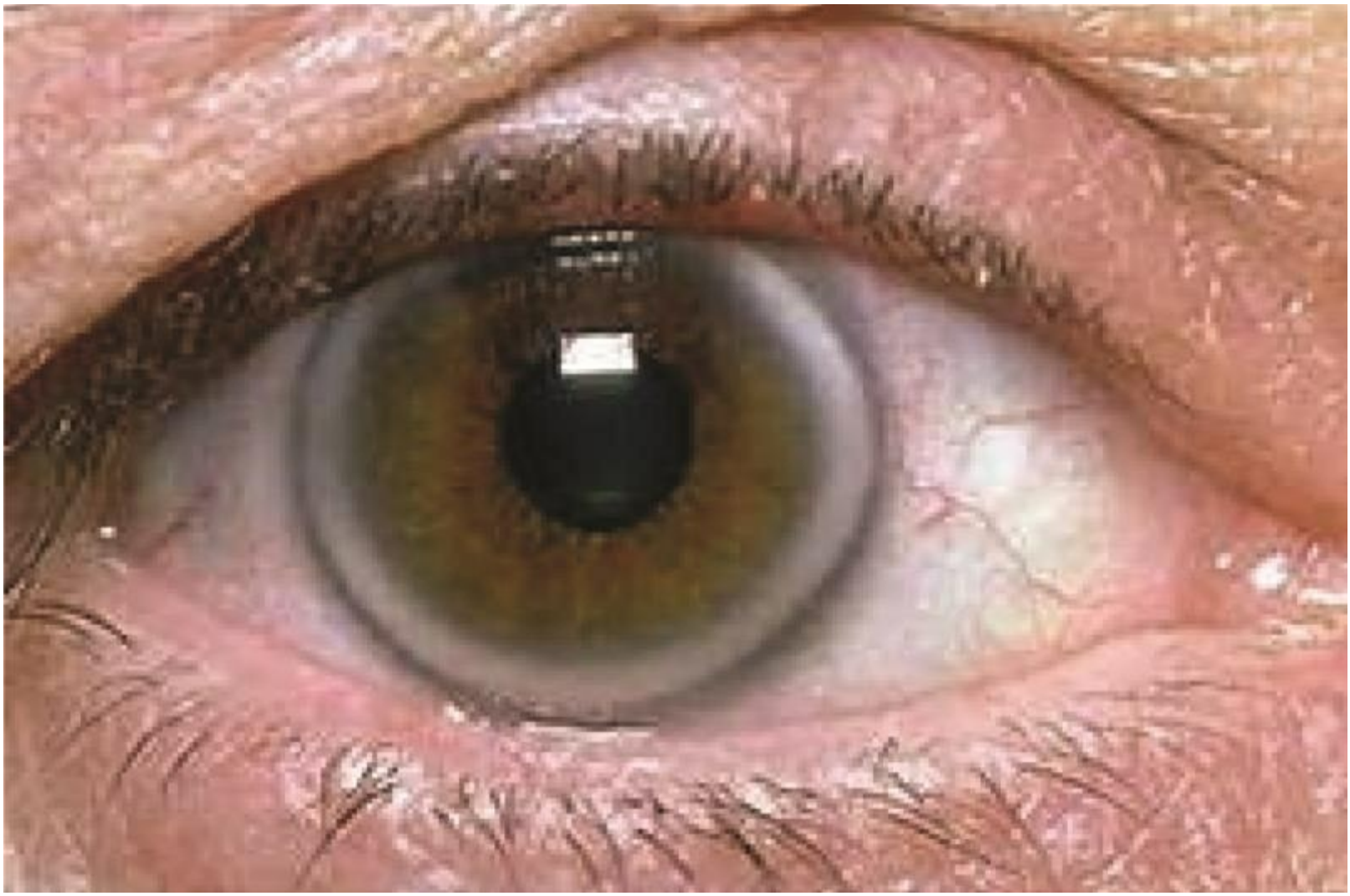
Ferrum chromatose
Lipemic Diathesis
Hydrogenoid



Ferrum Chromatose
Small dark pigments that look like stripes
“Snuff tobacco”

The pigments on the surface look like small dark brown dots; when there are many, the appearance is of stripes of light and dark; a closer look with a magnifier will show that these are individual dots instead of shading. Do not confuse these with radial furrows; radials look like spokes or grooves.

The characteristic of the brown-eyed person are the same as the “hazel” or Biliary. Follow the same protocols for healing, adding a daily tea of milk thistle, Oregon grape root, burdock and yellow dock (add cinnamon or peppermint for taste). Of course this protocol could be used with the Biliary Ferrum Chromatose as well.



Lipemic Diathesis (Corneal Arcus): A Corneal Sign, not an Iris Sign
A thick opaque rim around the periphery

Earlier references to this ring are Sodium Ring, Cholesterol Ring, Lipemic Ring, and when only at the top of the iris Arcus Senilis. The name itself gives it away: Lipemic refers to fats present in the bloodstream, so we associate the forming of the sign with poor fat metabolism. Even physicians check cholesterol when they see this sign, especially ophthalmologists and optometrists.

A yellow fat deposit in the sclera also suggest fat metabolism problem and indicates high cholesterol.
It also is an indicator of problems with circulation and blood pressure and other cardio issues as well. They might have cold hands and feet, poor memory, red hands, etc.

If this sign presents itself in a 30 or 40 year old, we look for more serious

vascular and hepatic weaknesses, even diabetes and would want to have them checked by their physician. It may first appear very faint but thicken as the issues continue.

This ring is very common in the elderly and may or may not be a particular health indicator. In Rayid, this white ring is called **The Ring of Determination.** Those people with a ring of determination tend to have fixed patterns of belief and can become quite judgmental. They might be seen as an opinionated person unwilling to accept another's point of view. Developing spiritually may provide the ability to achieve inner peace and acceptance of others

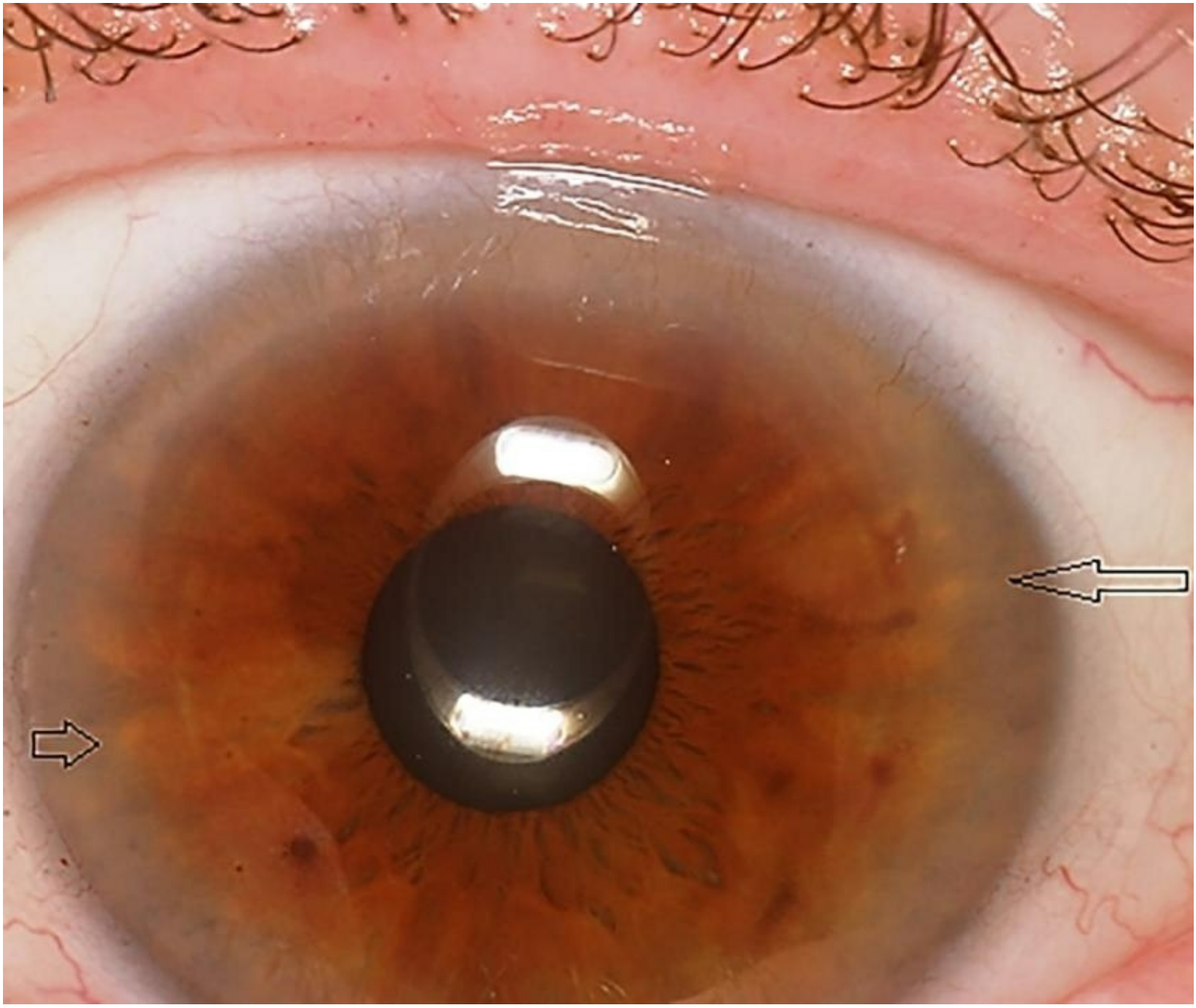
Health Support for Lipemic Diathesis

Diet should be low in saturated fats from commercial meat and dairy. Avoid table salt and inorganic minerals such as rock calciums. Include magnesium and plant calcium: kale, spinach and collards; chlorella and wheat grass.
Try using copious amounts of garlic and high fiber foods to clean the fats out of the bloodstream. Herbs such as Hawthorne and Gingko are now being used by heart doctors, along with Co Q 10 and Vitamin E.
Avoid fried foods, but get high quality, cold pressed extra virgin oils – coconut, olive, etc. Like dissolves like, so fat dissolves fat – use real butter. Exercise! The heart is a muscle. Eyebright and cayenne eye washes with distilled water – never put alkaline water in the eye!
Location of the Corneal Arcus is Important

Superior: Look to problems with vascular flow to the head and brain. Are there memory issues, depression, headaches?
Inferior: Are there hip problems or poor circulation to the legs? Varicose veins? Temporal or Medial: Is there a family history of heart disease or lung disease?

Hydrogenoid

While we do see Hydrogenoid type (tophi) in brown eyes, it is not as prevalent in the blue or biliary. The puffs will appear orange or yellow, and may appear to be inflammatory areas, but if you look closely, you might see tophi. (The translucent ring around the outside makes this iris appear to be biliary, but that is a corneal arcus forming instead.)



CHAPTER SIX: TYPES BY STRUCTURE AND PHYSICAL STRENGTH

Neurogenic Polyglandular Connective Tissue Anxiety Tetanic

Neurogenic Structure

This type of iris structure has been referred to as the “Pioneer” because they are so structurally sound they could have battled their way from the East Coast to the West. The fibers are like silk, close together and taut. Divide this type into **Robust Neurogenic** (fibers very densely woven) or **Deficient Neurogenic** (less density but still neurogenic). The pupil can be quite small (tight).

Neurogenic Structure

Neuro (nerve) being the root word, this type might have nervous headaches, spasms, migraines, nerve-related issues such as shingles and multiple sclerosis. While they are structurally the strongest, they also have the weakest or most sensitive nervous system. Their need for activity depletes them of vital minerals. Markings will not often be visible in this structure, so even the tiniest line or rarefication is significant and should be analyzed. Working with a neurogenic subtype is challenging because, so often, they are not in touch with their health issues. They are extremely sensitive, but they also hide it well.
They are very driven, usually, and hardworking, but they easily drive themselves to physical exhaustion…is it because they can?

From Rayid we learn that they are the most kinesthetic type, loving to touch and feel everything. A small child with this type will have a favorite “blankee” or soft stuffed toy to hold at all times.

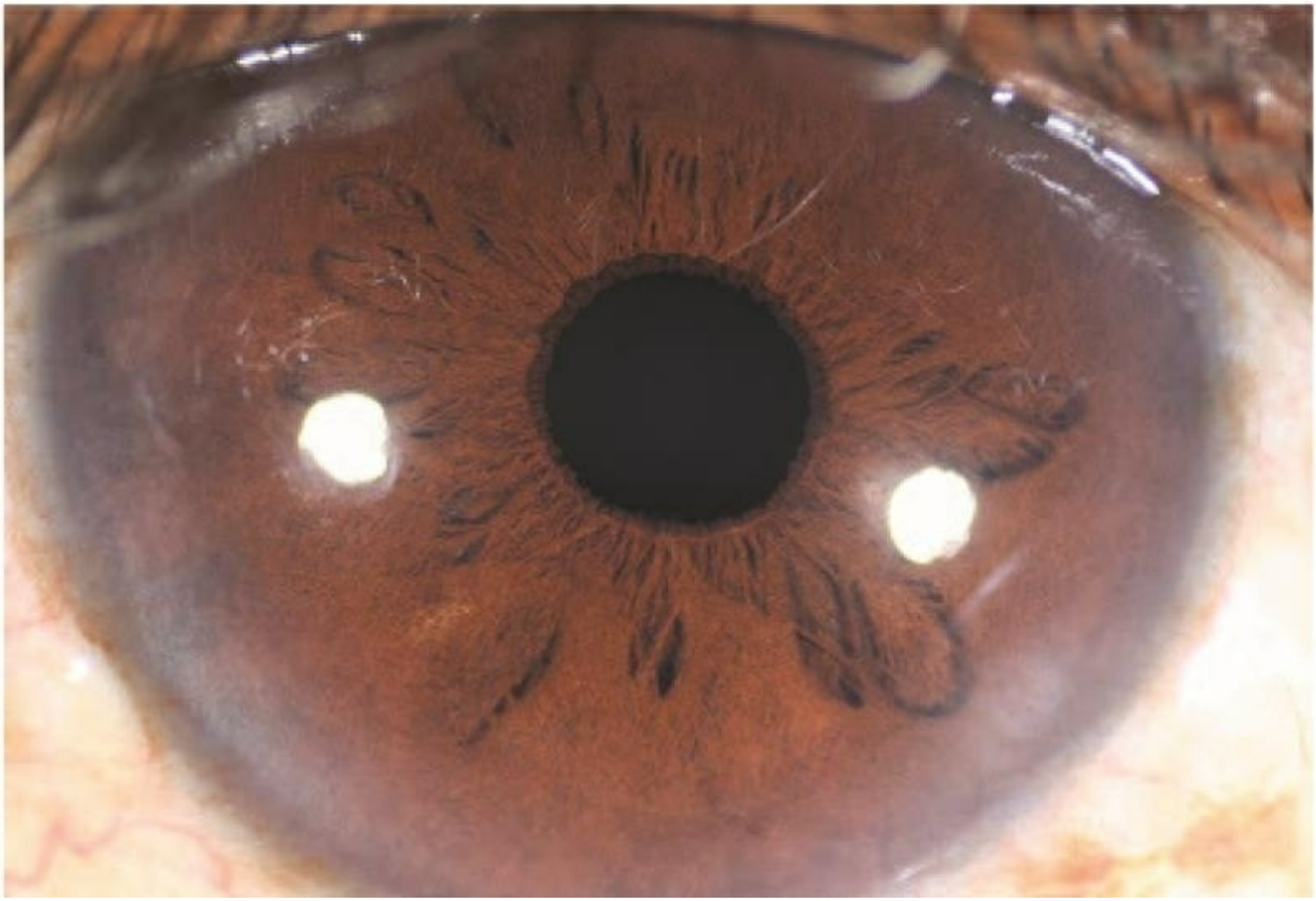
Risk for Strokes
Adrenal Burnout
Migraines and tension headaches
Nerve pain, shooting pains anywhere in the body Irritability and difficulty with sleep

Health Support

They thrive on stimulants but need to avoid them, especially coffee. They respond well to nurturing foods, so a program of green smoothies and only fresh foods, nothing out of the box or can while they are working with you.
Yoga, meditation, relaxing music, and gardening – these are all good for this type. They need physical exercise, but their lesson in life is to slow down so as not to burn themselves out completely.

They need to learn to be still, relax, and breathe.
Getting in touch with their need to rest is of most importance!
Polyglandular Structure

Polyglandular is just as it seems, a person with many glandular concerns. This type will have many different lacunae (at least three) that look like daisy petals around the pupil. They may have close iris fibers around the inner or outer zones, but near glandular areas, they will have lacuna of various sizes. These openings show a weaker (or even absent) pattern of fibers inside.



Polyglandular Structure
However, they have the gift of spontaneity with their feeling, creative nature. These flower types are good listeners and learn well just by listening; they are often seen with a head set on!

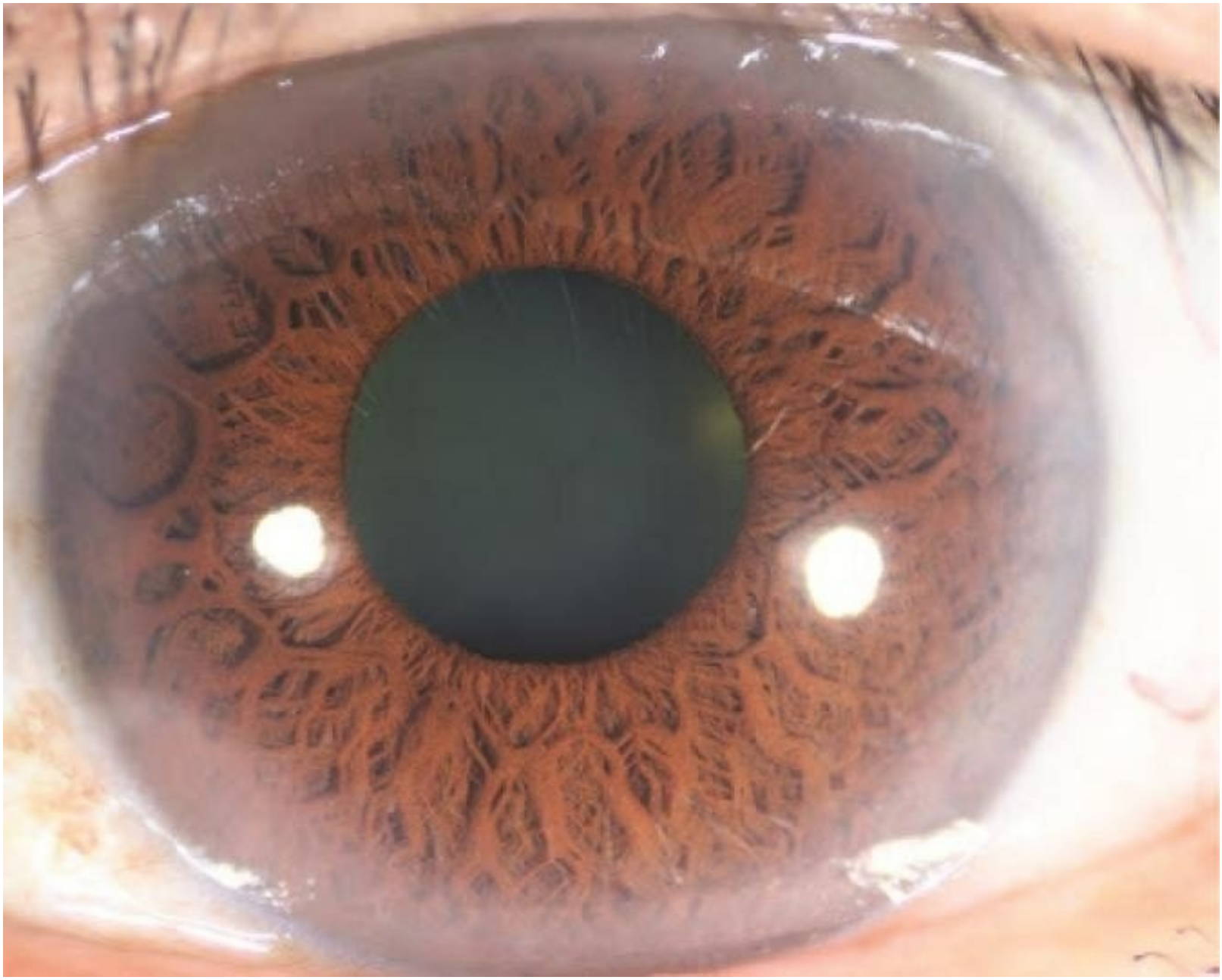
Glandular issues should be noted: Is there a family history of diabetes? Hysterectomy? Are there thyroid problems? Is this person always cold? Any prostate issues?
They might have weakness in the bowel area if the bowels have an irregular shape, so constipation, poor digestion and infertility are possible.
Health Support

Seaweed, black walnut and iodine sources
Monitor pH to be sure pH is in range to pick up iodine

Moderate exercise such as gardening and walking is excellent and a 20 minute walk after meals is very helpful.
Known as a Rayid “Flower” they are feeling and emotional and respond well to music and auditory messages.
Include glandular herbal therapies and add fermented vegetables and enzymes where needed

Connective Tissue Structure

In this type the entire iris is covered with large lacuna pattern and open weave of fibers. Considered to be the “weakest” of the various constitutions, this is only true on the physical level where the many lacuna and wide open spaces appear loosely woven, like burlap. As a consequence of this loose structure, a person with a connective tissue type might tire easily or feel pain more strongly than a sturdily-built neurogenic type.



Connective Tissue Structure

I have served a number of children whose parents didn't believe that they had a stomach ache or that they were too tired to go to school or participate in a sport. When I showed the parents the differences in the structure of the eyes, they could better understand their child's feelings. The many openings make them more open and receptive as well, more emotional. Therefore, they have an advantage over the tough, physically strong kinesthetic types in that they can build relationships, foster friendships, and demonstrate more compassion. If they treat themselves right, they can live a longer and healthier life than any other type.

Their health issues relate to sagging and expanding tissues, as their

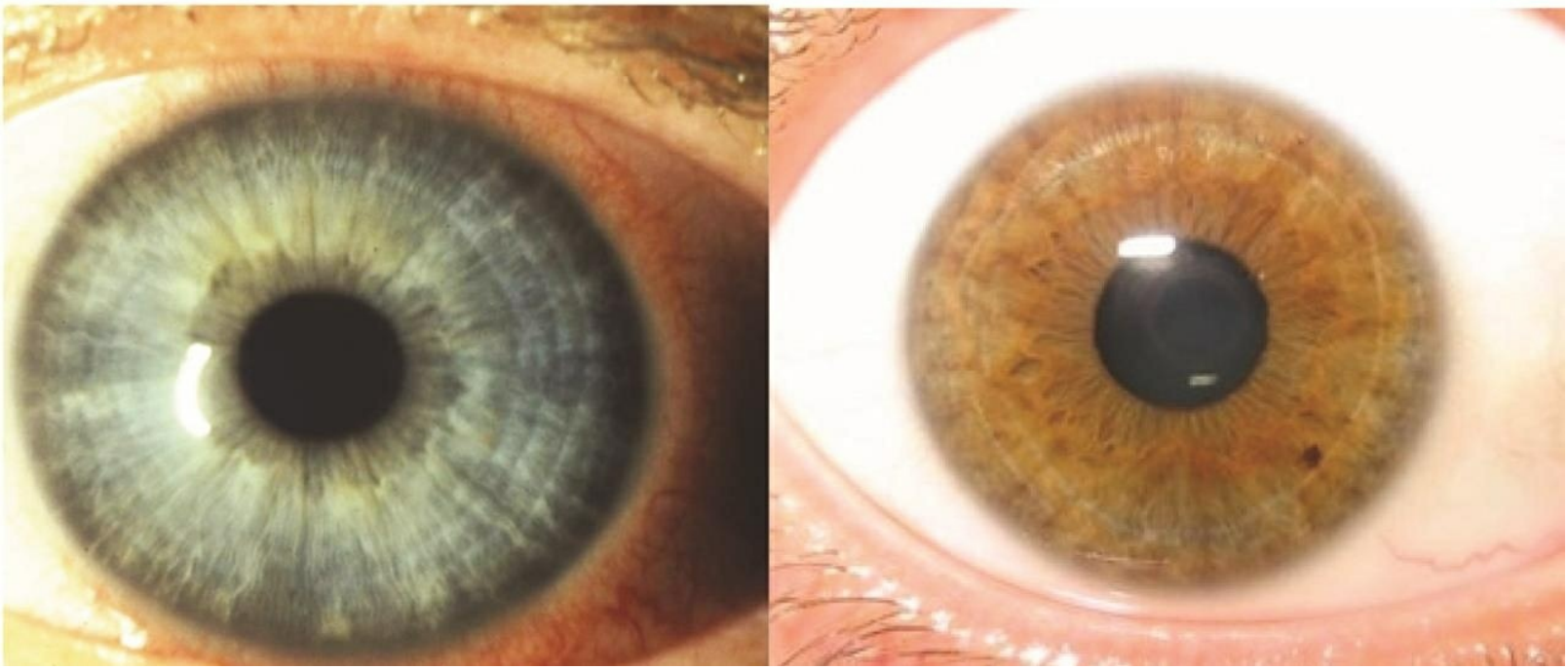
connective tissue needs extra support. They get prolapse of the uterus or bladder, hernias, spinal subluxations, hemorrhoids, etc. more easily, it seems. Recovery from injury or illness may be slow.

Health Support
Calcium herbal formulas and a lot of green vegetables to support the bones and muscles Silicon foods such as horsetail grass and oat straw tea or tincture
Teas with licorice, ashwaganda, and Siberian ginseng to support the adrenals. Get a good amount of rest and trust their judgment about how much is too much. Walking, swimming, yoga, stretching

Anxiety Tetanic (Gastric) Structure

There are circular arcs that seem to "go across the grain" of the radial structure of the iris. These rings are called nerve or cramp rings, but the accepted term is **contraction furrows.** Just as the name implies, these people tend to get anxious and over committed to projects; they find themselves completing only half of their daily tasks, eat on the run, and fall into bed exhausted at the end of the day. The contraction furrows in this type indicates that they don't relax; instead, they push themselves beyond what any other human being could accomplish in a lifetime… only they do it in one year!

While they are structurally strong, some have called them "Anxiety Digestive" because their digestive system suffers from the constant push and pull and eating on the run without chewing their food properly. The digestive and nervous systems are most affected.



Above is a picture of a robust anxiety tetanic (left) and a mild anxiety tetanic (right) . They tend to have tenseness, muscle cramps and tight jaws, even TMJ.
If they don't manage this stress, they might develop digestive issues – colitis and IBD (inflammatory bowel disease). Another area where the stress shows up is in the cardiovascular system with angina and other circulatory issues. Heart issues brought on by stress and tension headaches are common, along with painful menstrual cramping.
As for digestion, they are more likely to develop ulcers, gastritis, and an over-reactive stomach, although more often this type will be constipated rather than regular.

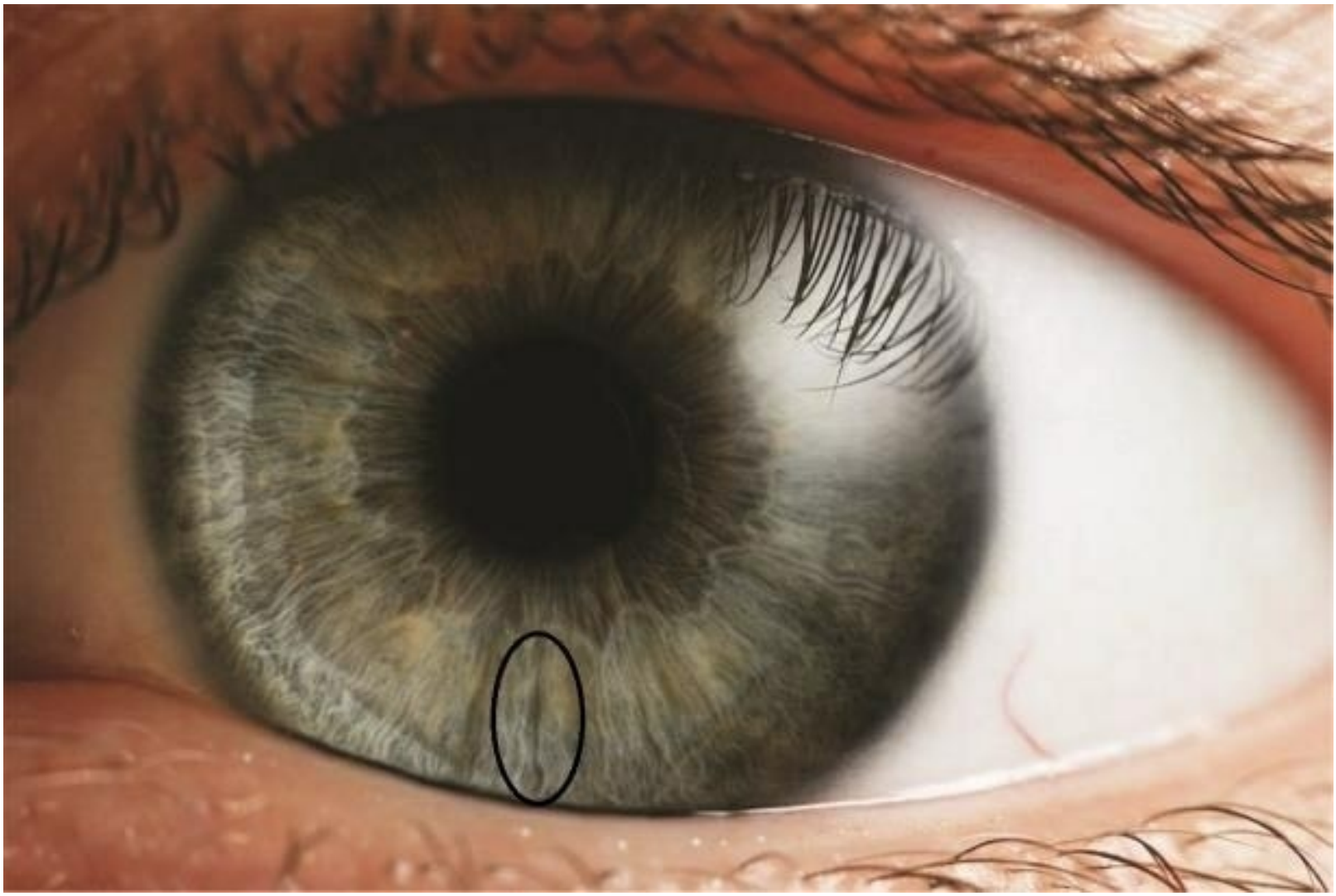
Wherever Radial Furrows push through the contraction furrows, look for weakness in the bowel and the Autonomic Nervous System.
Health Support:

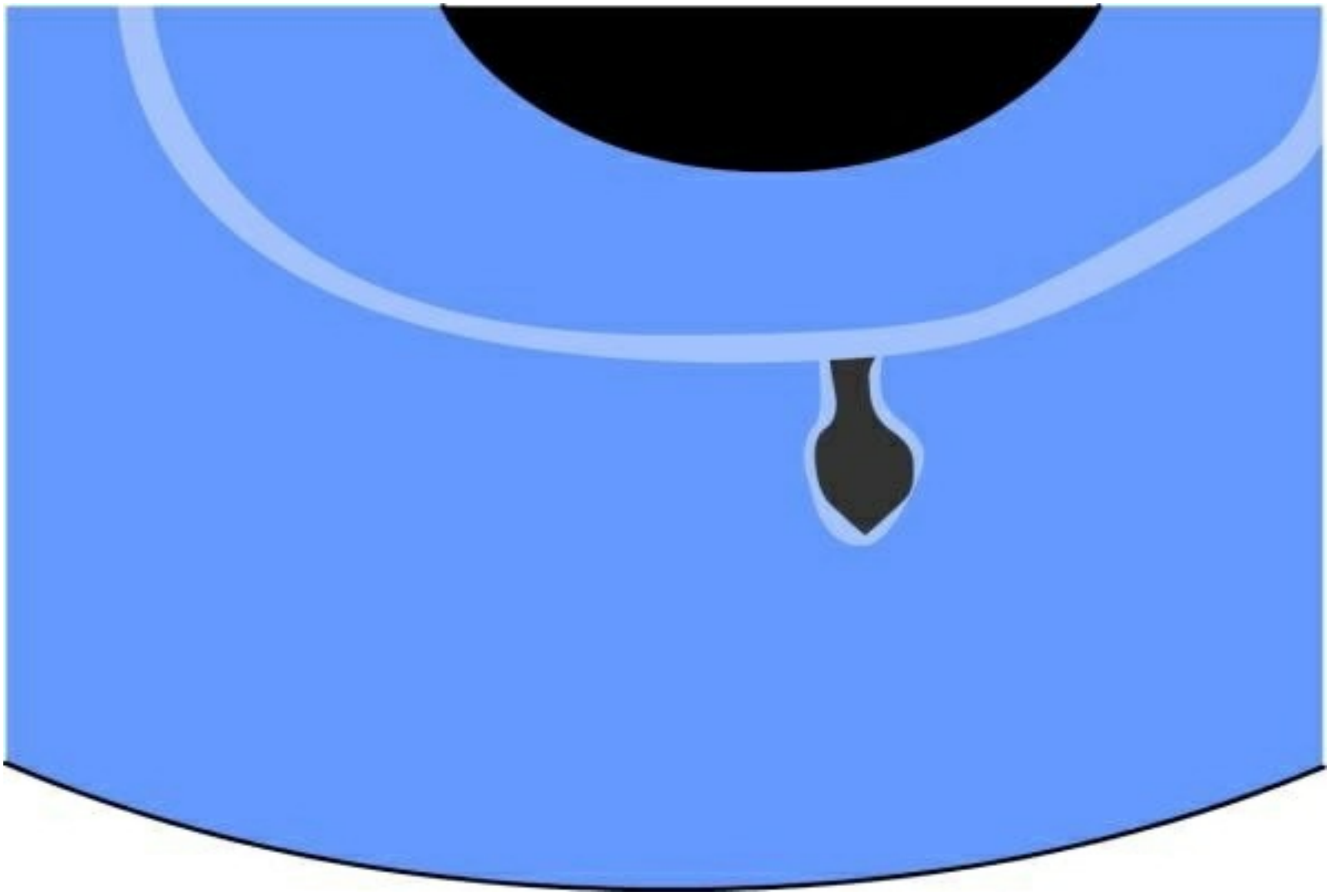
Avoid excess stress
Exercise and meditate for relief
Try to have relaxing meal times and chew, chew, chew food; do not mix liquids with solids.
Force yourself to listen to calming music
Eat foods high in nutrition and B Vitamins, especially whole grains, nuts

and seeds.

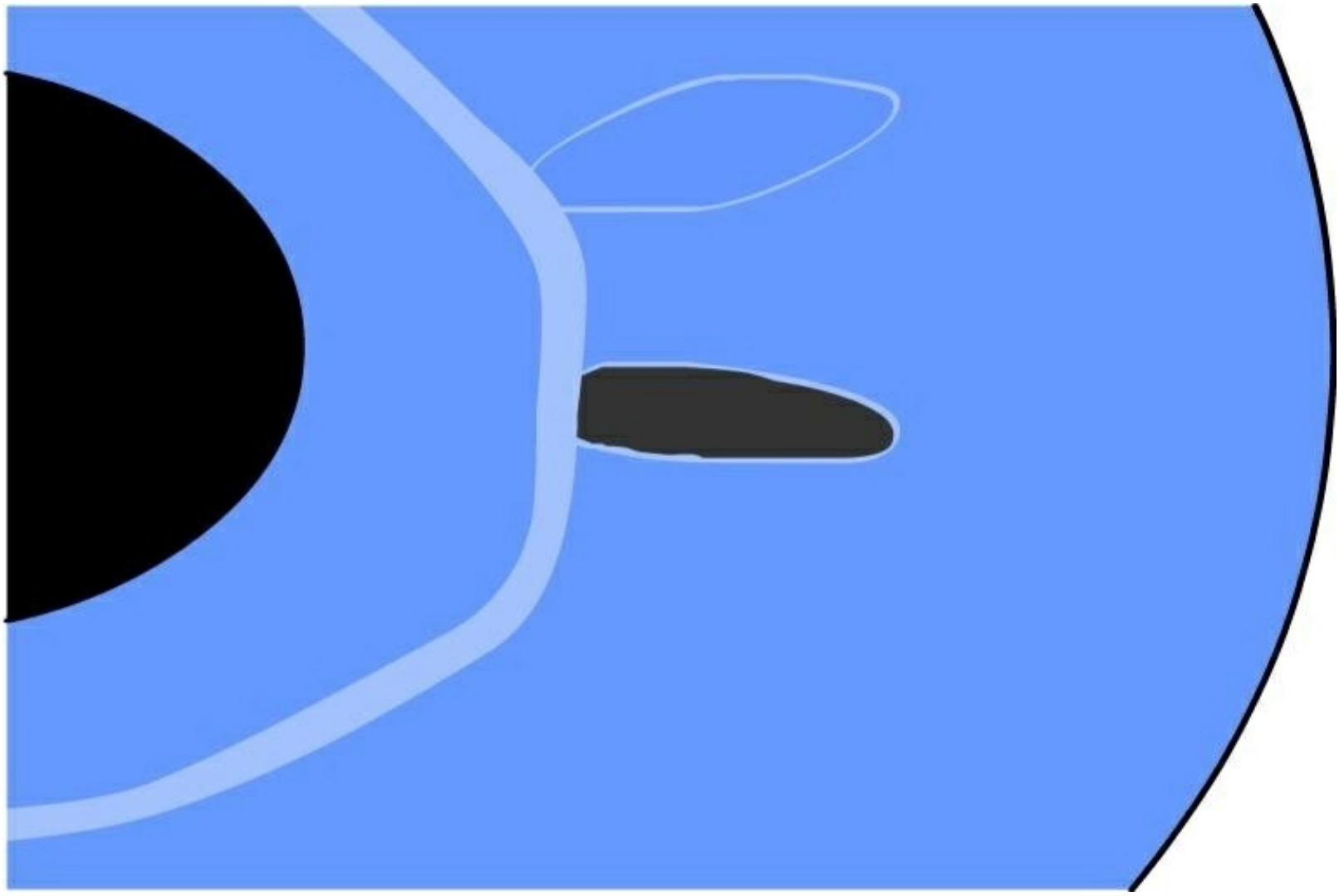
CHAPTER SEVEN: LACUNA

Lacunas are genetic signs which do not change, as far as we can discern. How could the iris be used for identification if lacuna disappeared or got smaller. They just change shape when the pupil changes to let in light. They may be 1)**Topo Labile:** Iris marking that indicates a weakness in specific organ but can be found anywhere in the iris. 2)**Topo Stabile:** Marking found in the iris in a specific area of the body which affects that related part of the body.

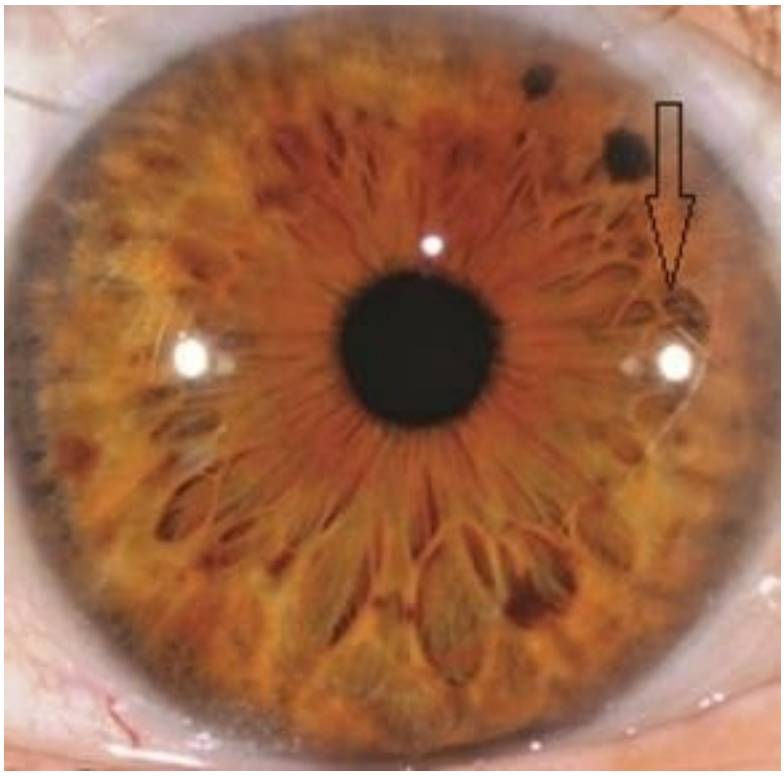


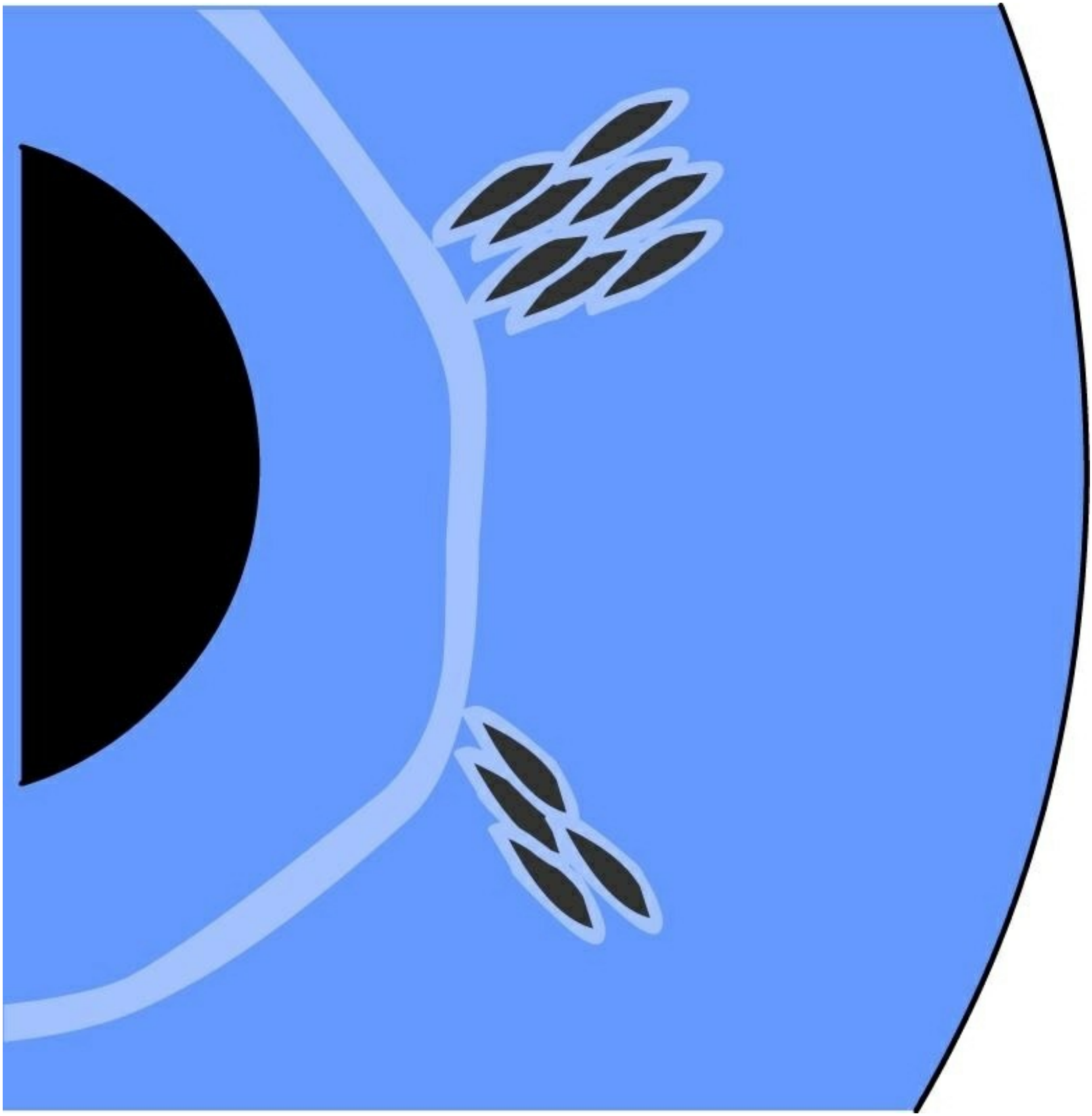


Asparagus – usually in the lower ½ of the iris, shaped like an asparagus with the tip pointing to the outside. It indicates predisposition to a chronic degenerative condition with a tendency toward malignancy. Topostabile (it is where it is). It is usually shaped like an asparagus with a

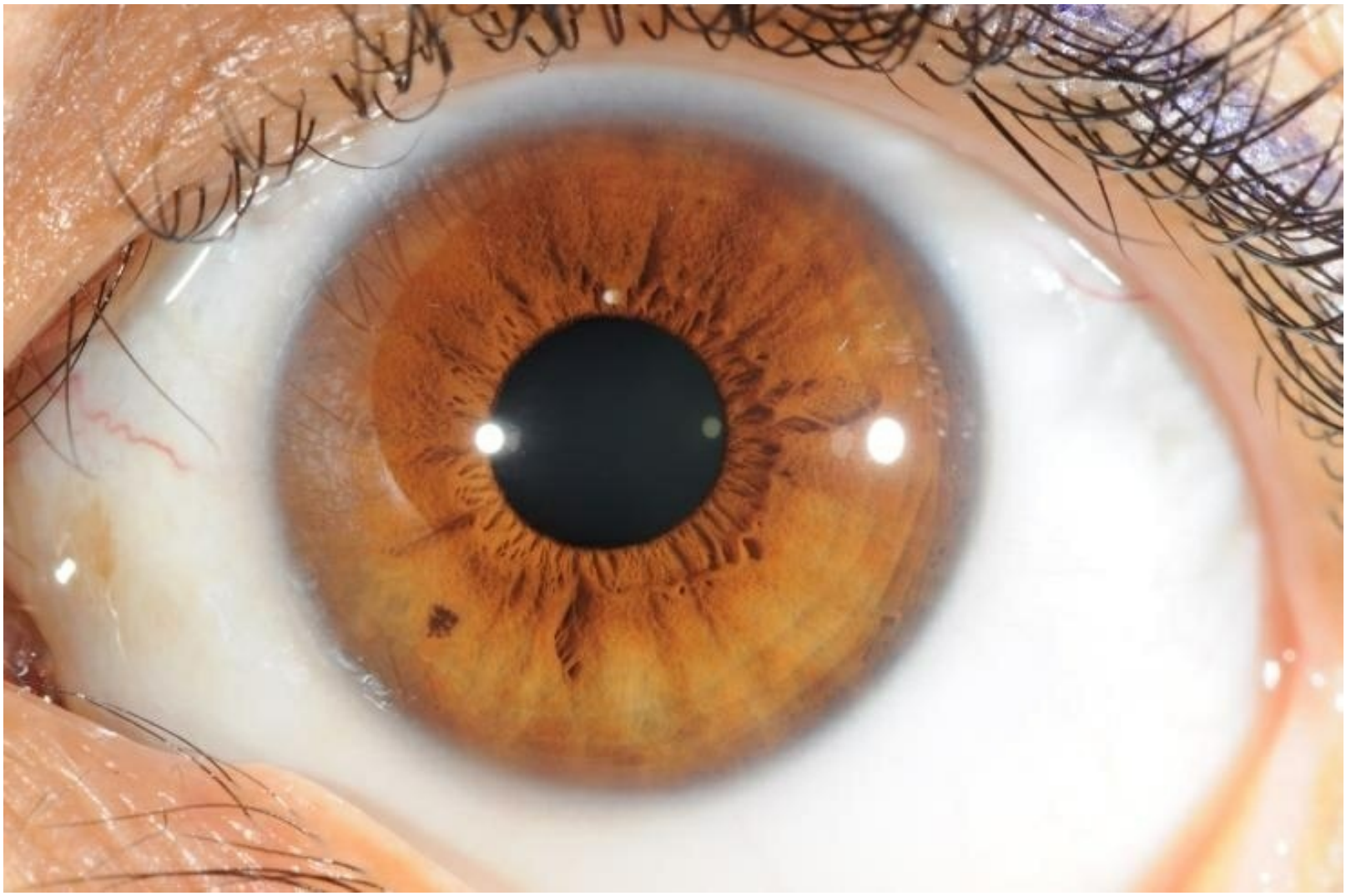


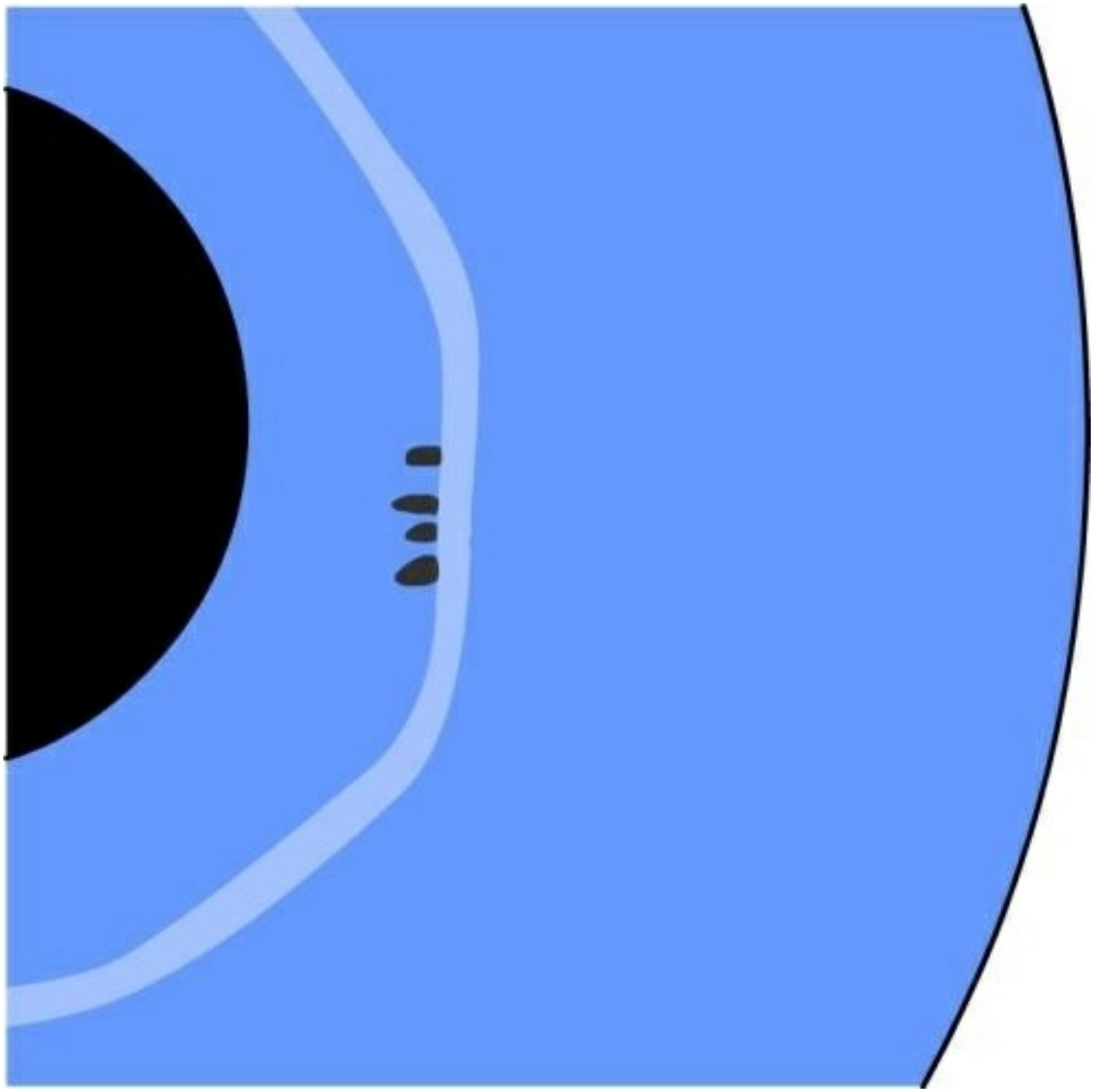
Cigar or Torpedo – it is encroaching on the collarette. Shows lack of nerve energy in the nerves or the bowel. *Topostabile* (important wherever it is located in the organ areas.)





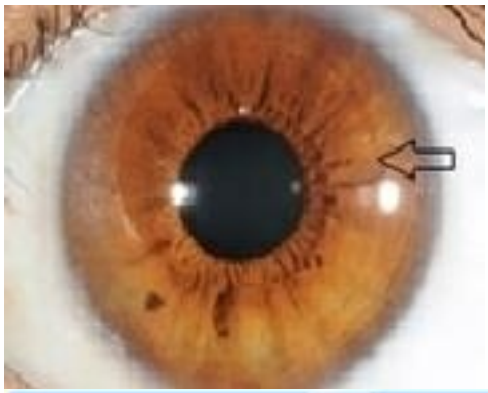
Honeycomb – webbing or small crypts connected together; most commonly found in the nutritive zone (pupillary zone) . If dark inside, it will indicate lowered vitality where it is found; if it is found in the pancreas or liver or nutritive zone, it may indicate a good environment for parasites. It is topostabile in the organ or tissue where found.

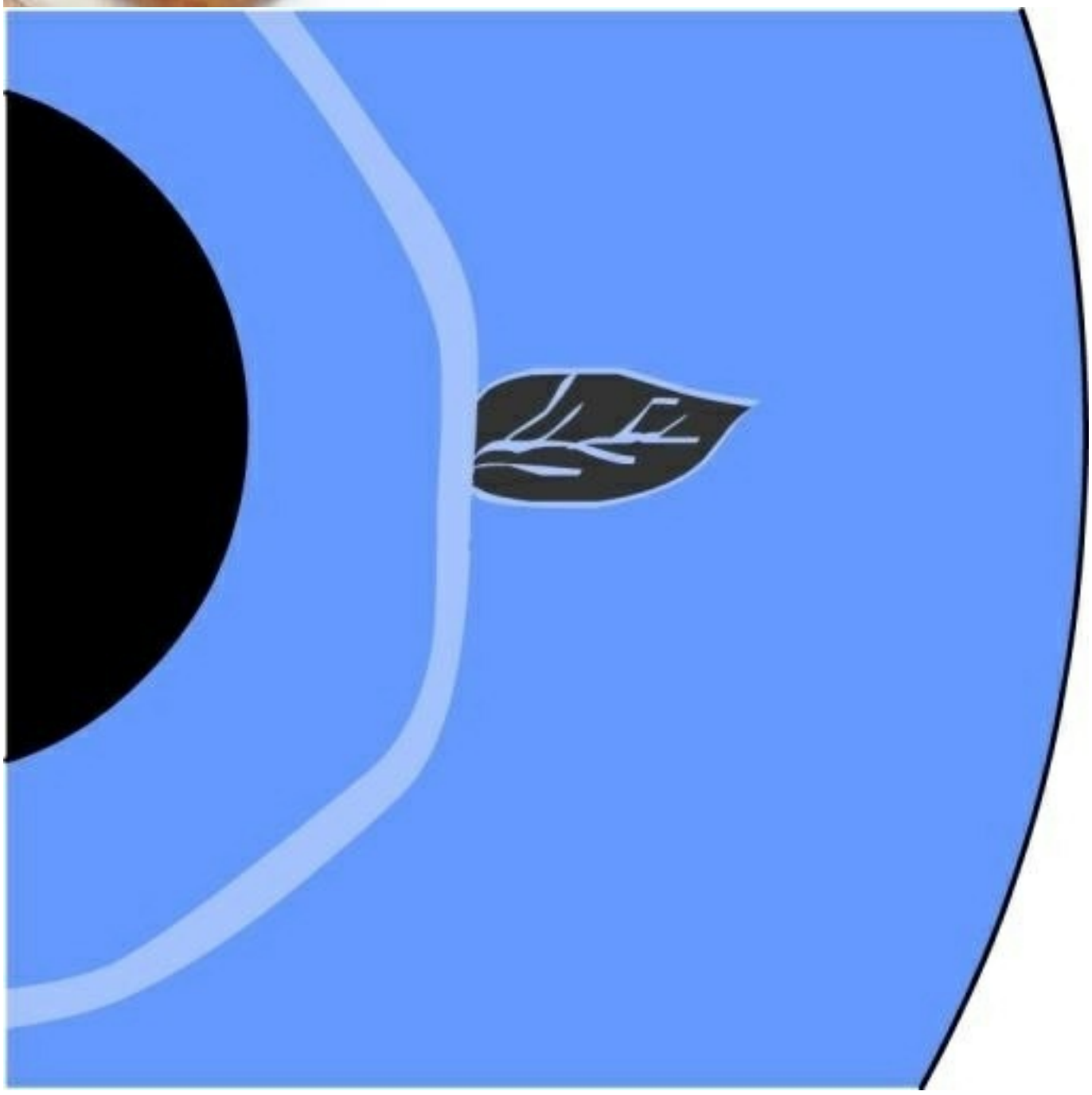




Collarette Crypt – tiny black lacunas; digestive problems, usually a family history of gastrointestinal issues; *topostabile* – always found along the collarette

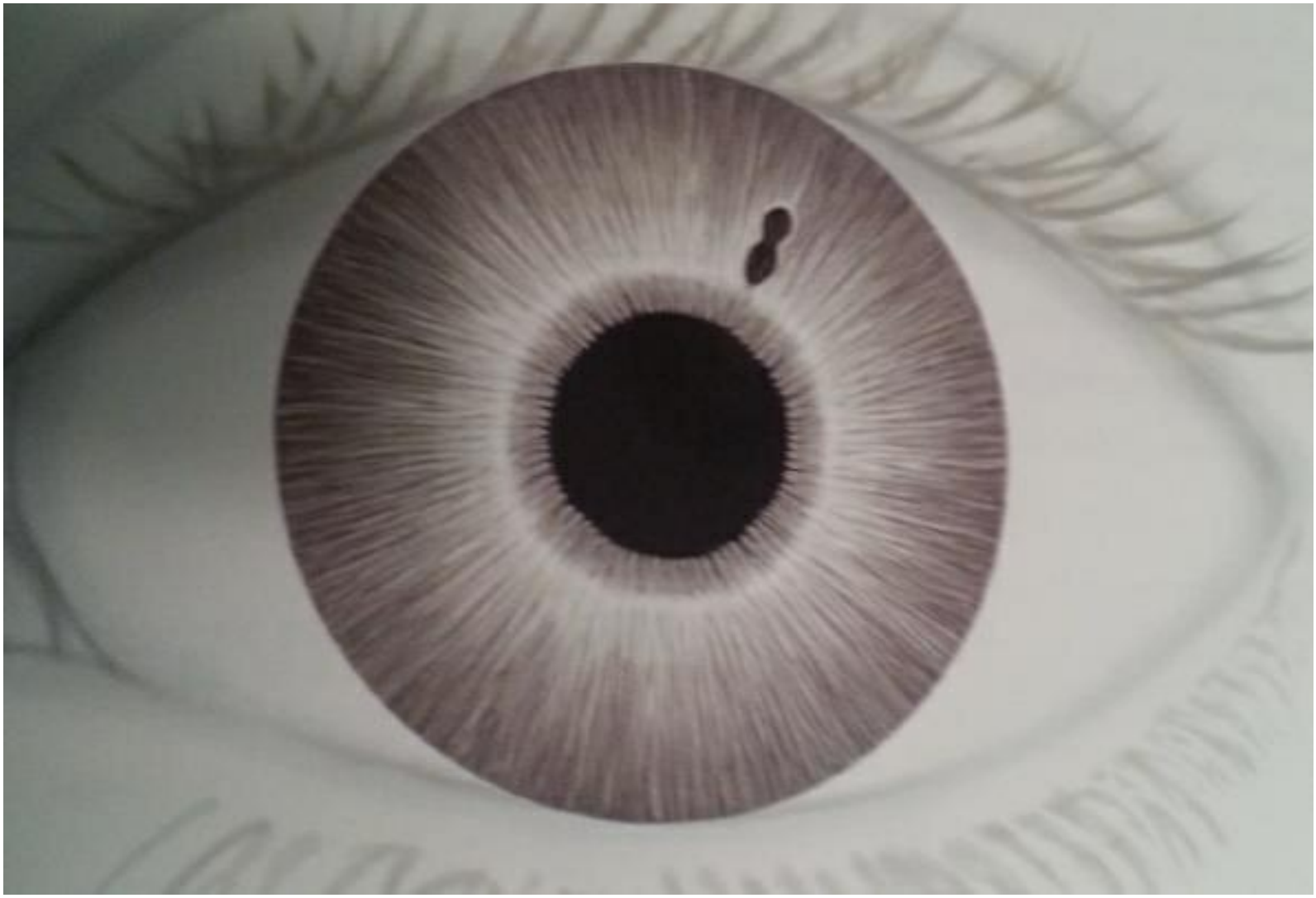
Medusa or Jellyfish Lacuna – an open lacuna that resembles long hair blowing in the wind. Usually in bronchial, lung, kidney; signifies family history of pathology in corresponding area – which could be anywhere. Topostabile.

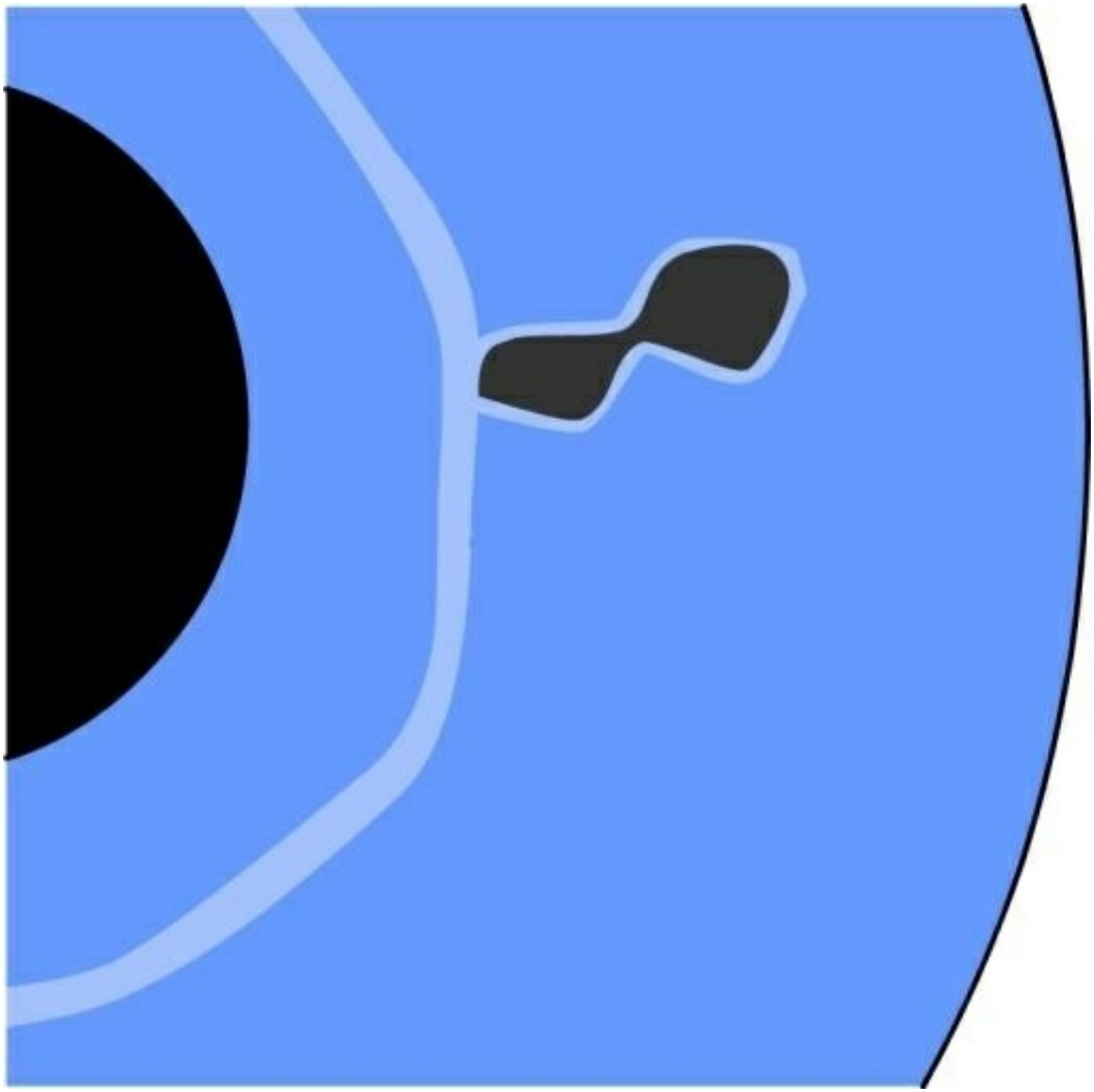




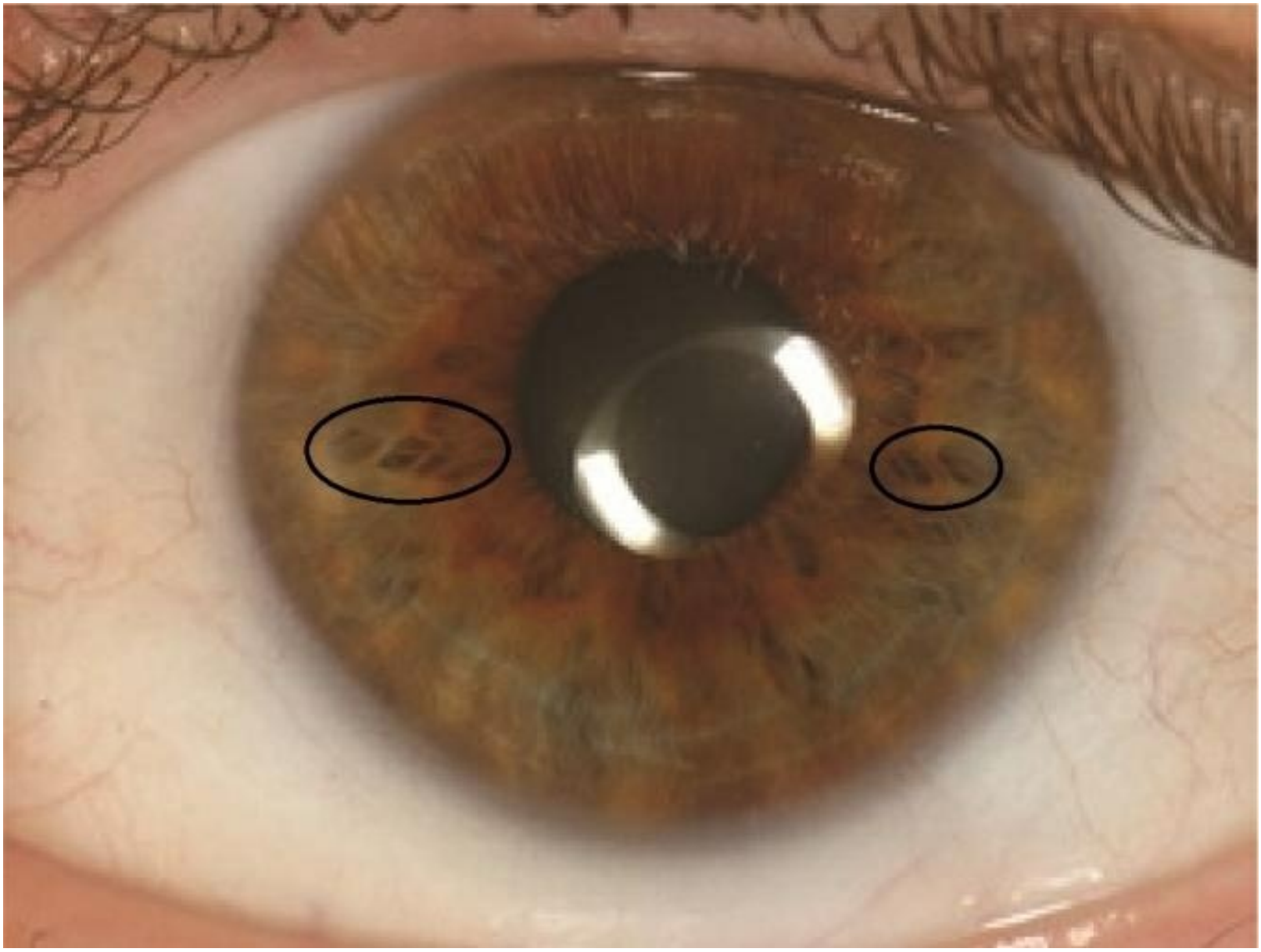
Leaf Lacuna – a closed lacuna with veins that look like a leaf with a spine down the middle; usually but not always found in pancreas, adrenal, gallbladder – the organs of secretion. It is either topolabile or topostabile.
Neuronal Netting - Looks like fishnet or burlap; a “network” of fine

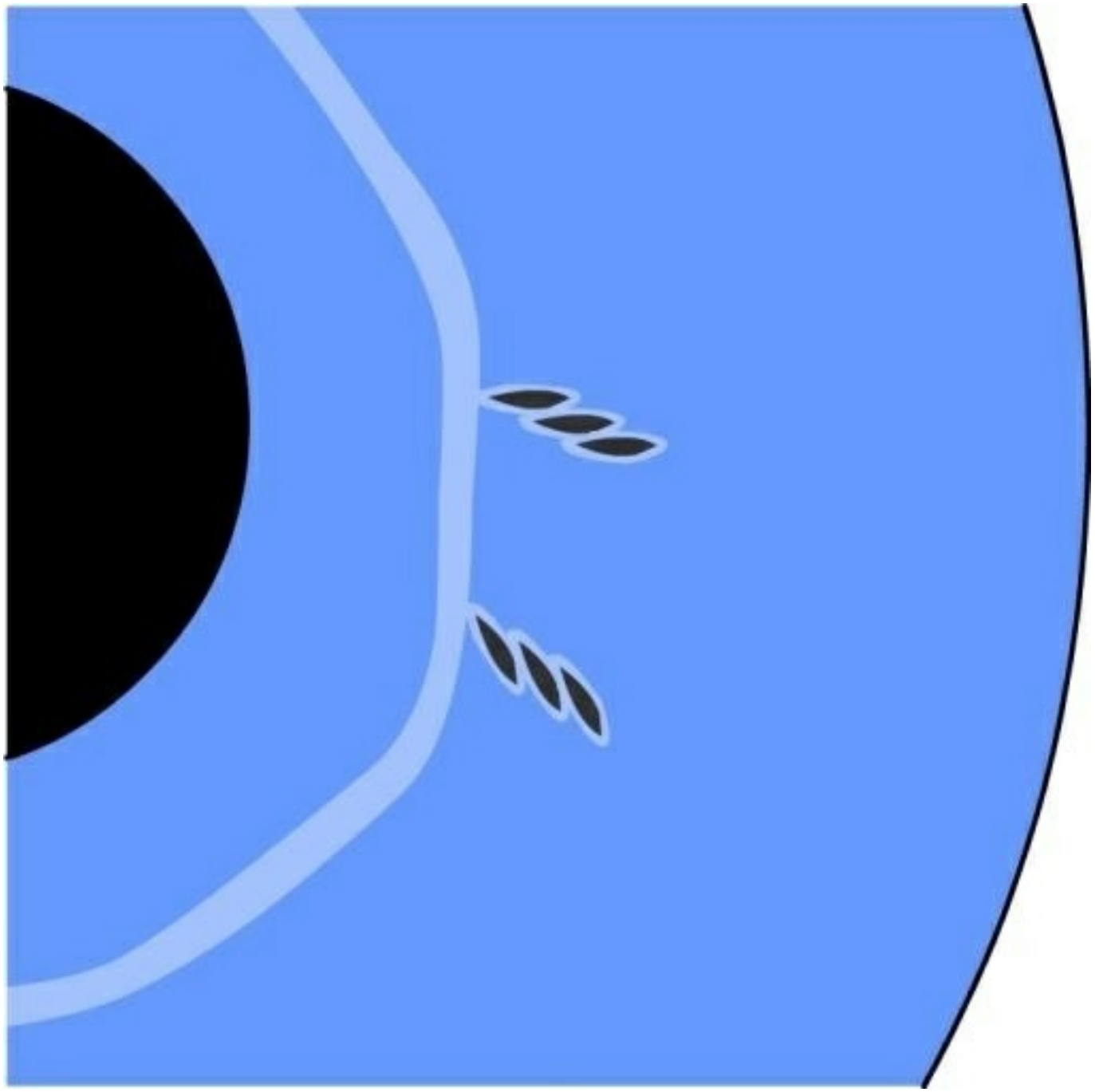
fibers below the iris surface. Topostabile. It is often found in lung area and indicates history of asthma, pneumonia, etc.





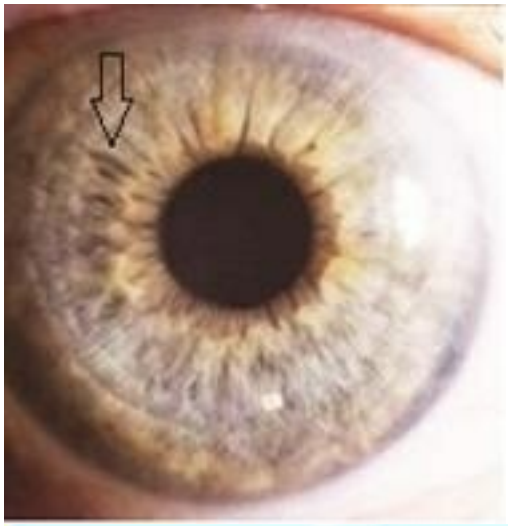
Polypose lacuna – Peanut shaped; if it pushes into the collarette, it indicates intestinal polyps. Topostabile to polyps anywhere it occurs – rectum, nasal, colon, etc.

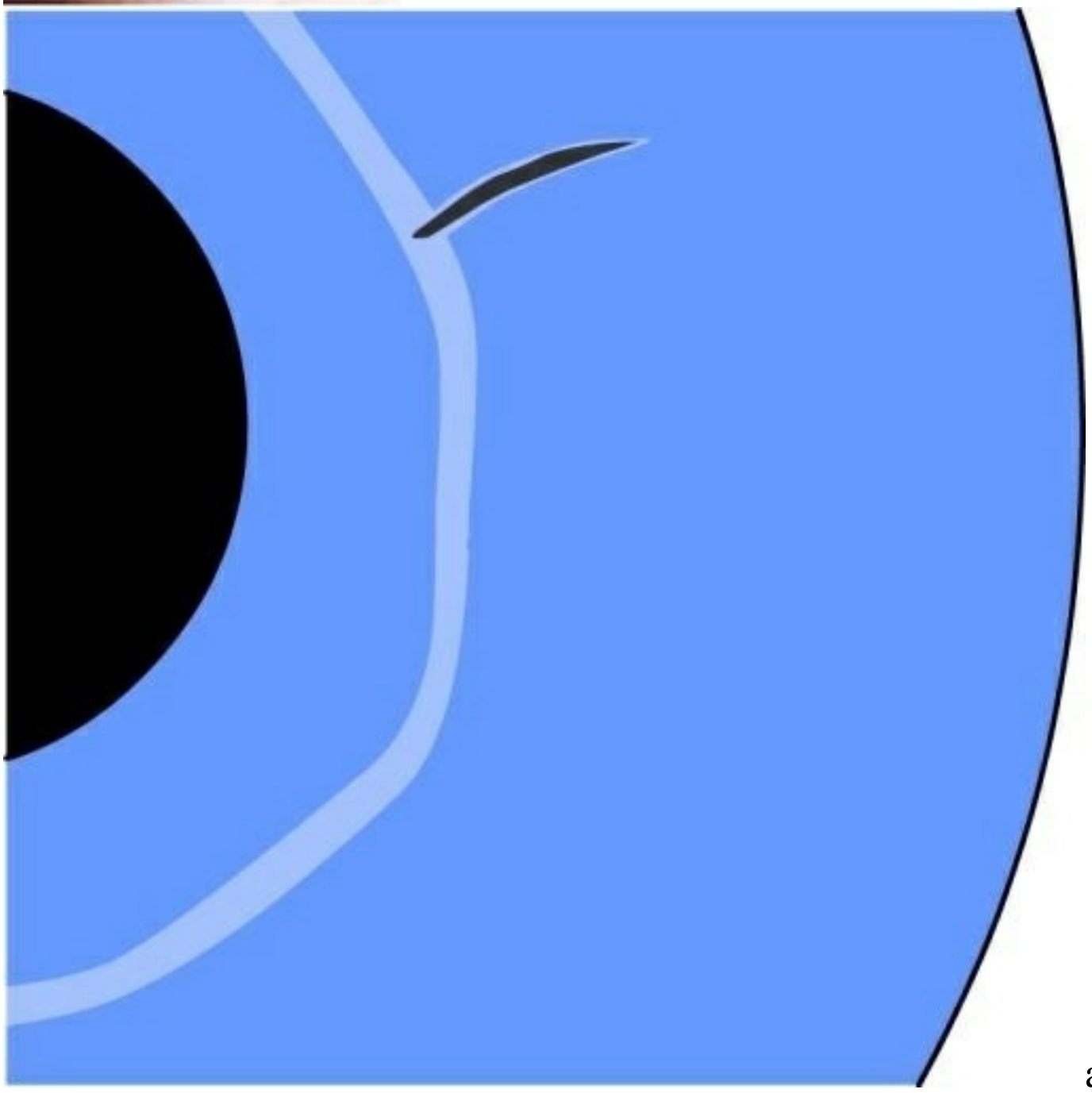




Roof Tile Lacuna or Stair Step; looks like stairs or a ladder. It is a genetic marker; serious sign and can indicate possible (but not probable) malignancy – can be found anywhere in the iris.

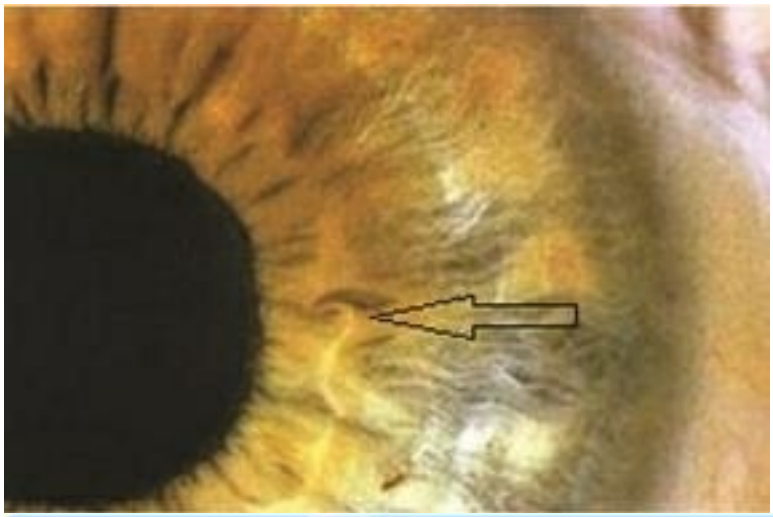
Schnabel lacuna or beak lacuna – named by Rudolf Schnabel, a German iridologist. Tiny and shaped like the beak of a small bird. It affects abdominal area and indicates weakness of nerve supply; if it breaks through the collarette or flattens, it is considered more serious. So there are two types of beak lacuna:

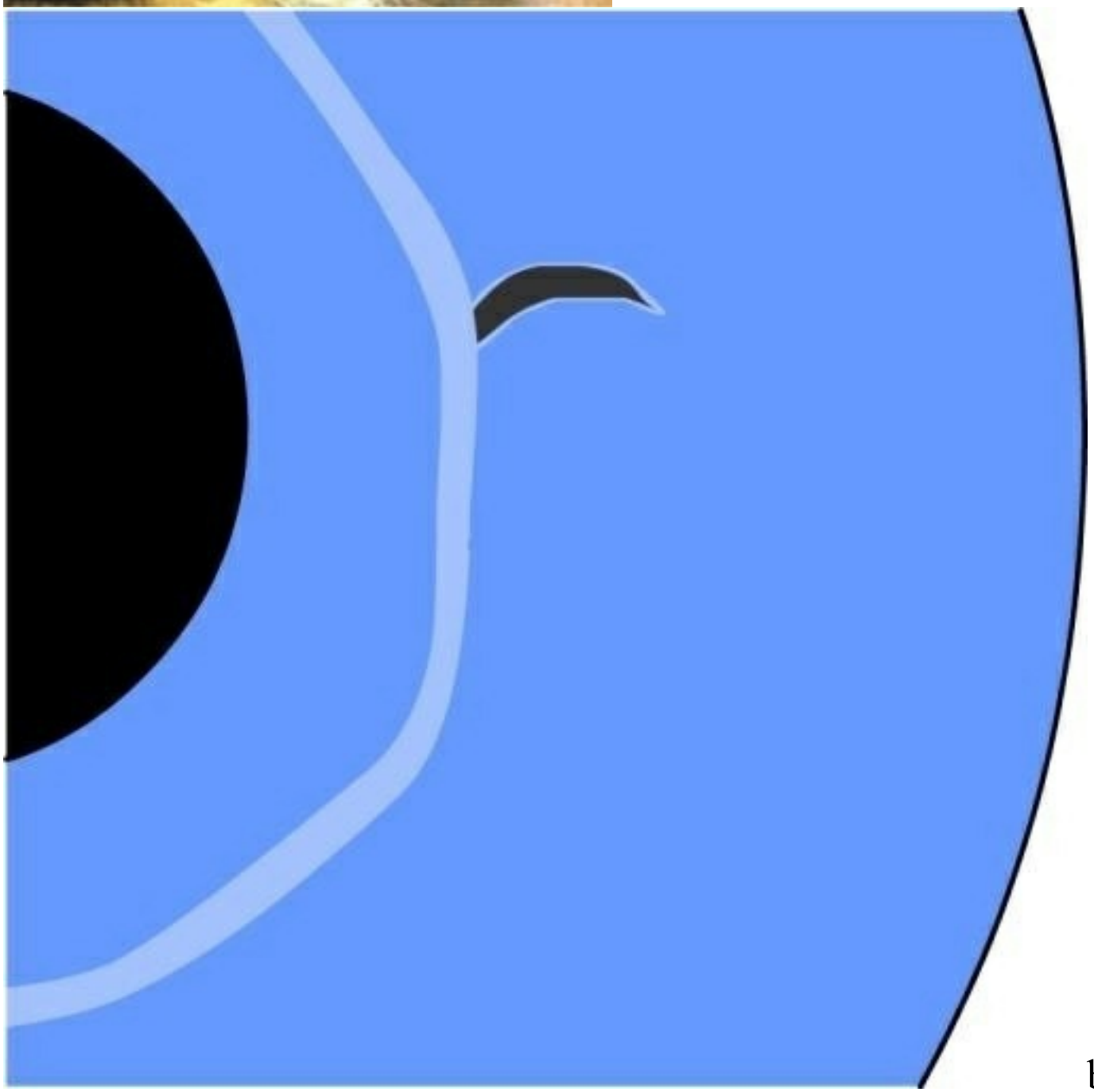




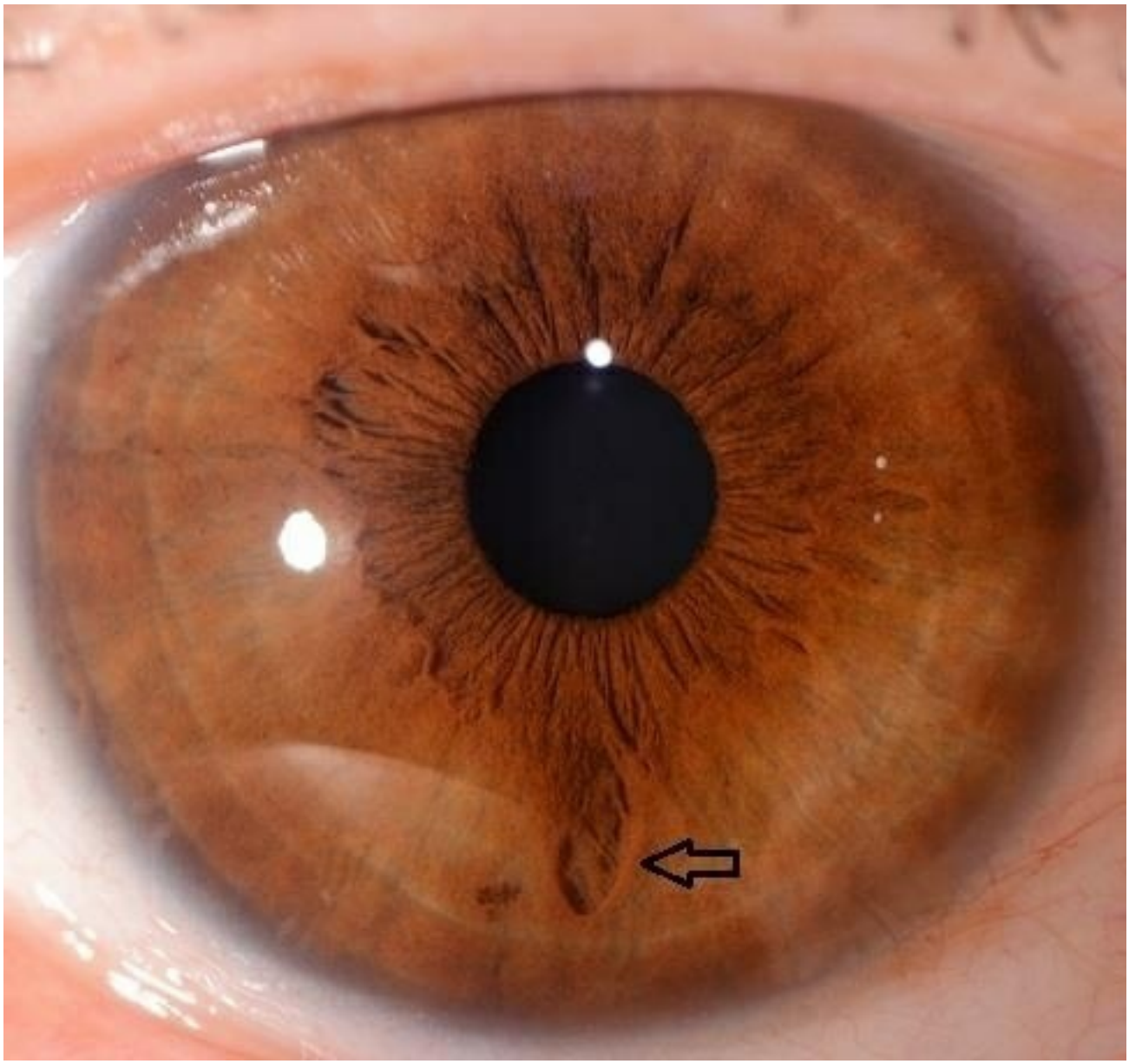
a.)

Straight pointed beak – more serious, the more it penetrates the collarette, the effect on the nervous system and digestion.

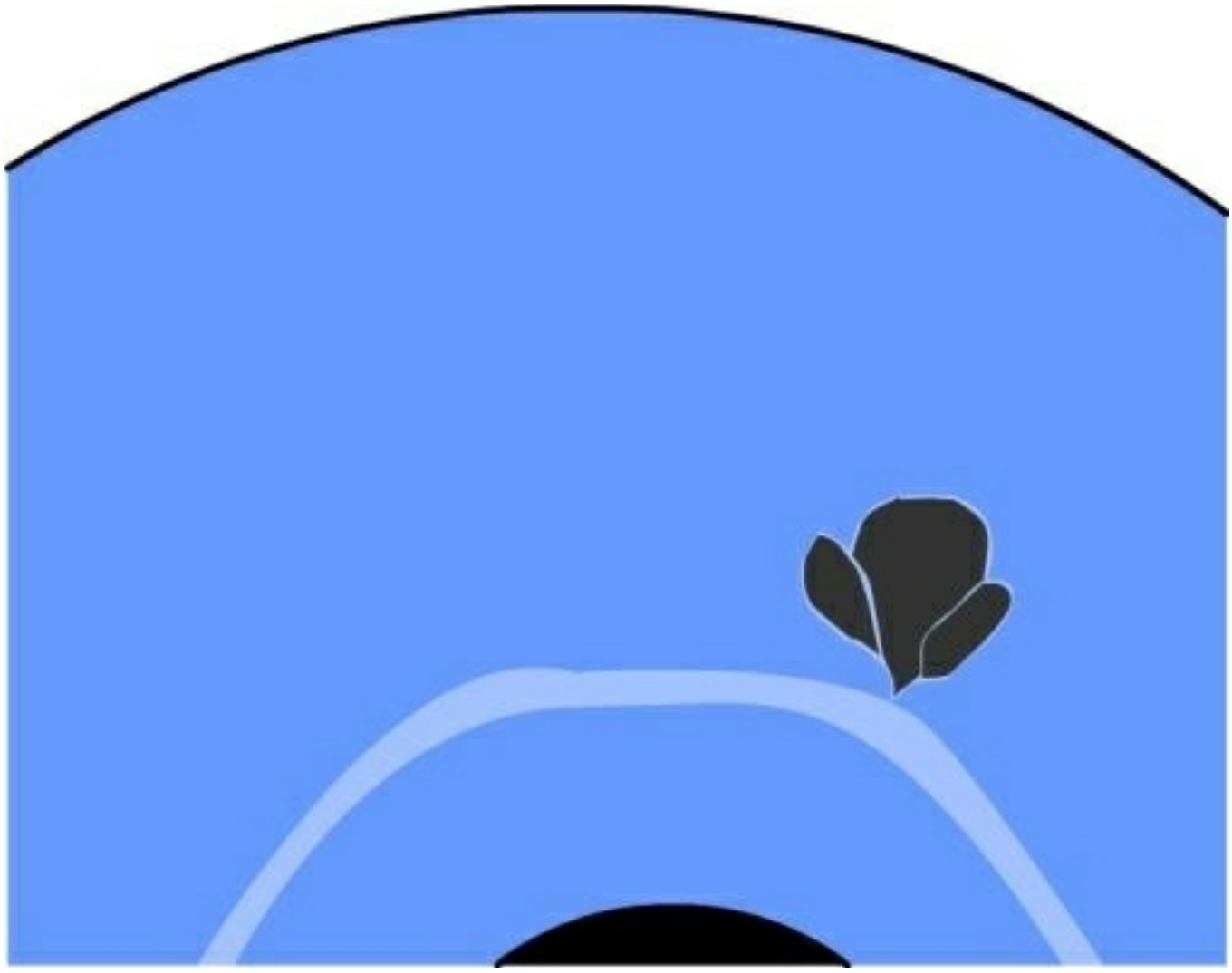




b.) **Curved beak** – indicator of a benign condition and is less serious.



Shoe Lacuna – Two lacunae in the shape of a shoe. Wherever they show up, it indicates a kidney issue. It is topolabile if it is in the thyroid or ear; it always points to the kidneys, but also check the thyroid or ear as well. If it is in the kidney area, it is topostabile to the kidney.



Tulip lacuna – Attached to the collarette usually, often in the head and sinus, but can be found anywhere. It might indicate nasal polyps.

CHAPTER EIGHT: THE COLLARETTE AND DIGESTIVE SIGNS

The collarette serves as a landmark between the two nervous systems in the body: the sympathetic and parasympathetic. It is also known as the **autonomic nerve wreath** or **ANW.** The collarette contains and separates digestion and absorption from the other bodily processes. If the collarette is "balanced," it will sit about 1/3 the distance between the pupil edge and the limbus (outer edge of the cornea).

The collarette surrounds the digestive areas, so it is involved in the process and reveals information about the intestinal tract. We check to

see if it is very close to the pupil or expansive and far away; in either case, it would not be balanced. Below are some categories of different shaped wreaths and what they mean to iridologists.

Wreath Placement
We categorize the collarette *placement* in three ways:

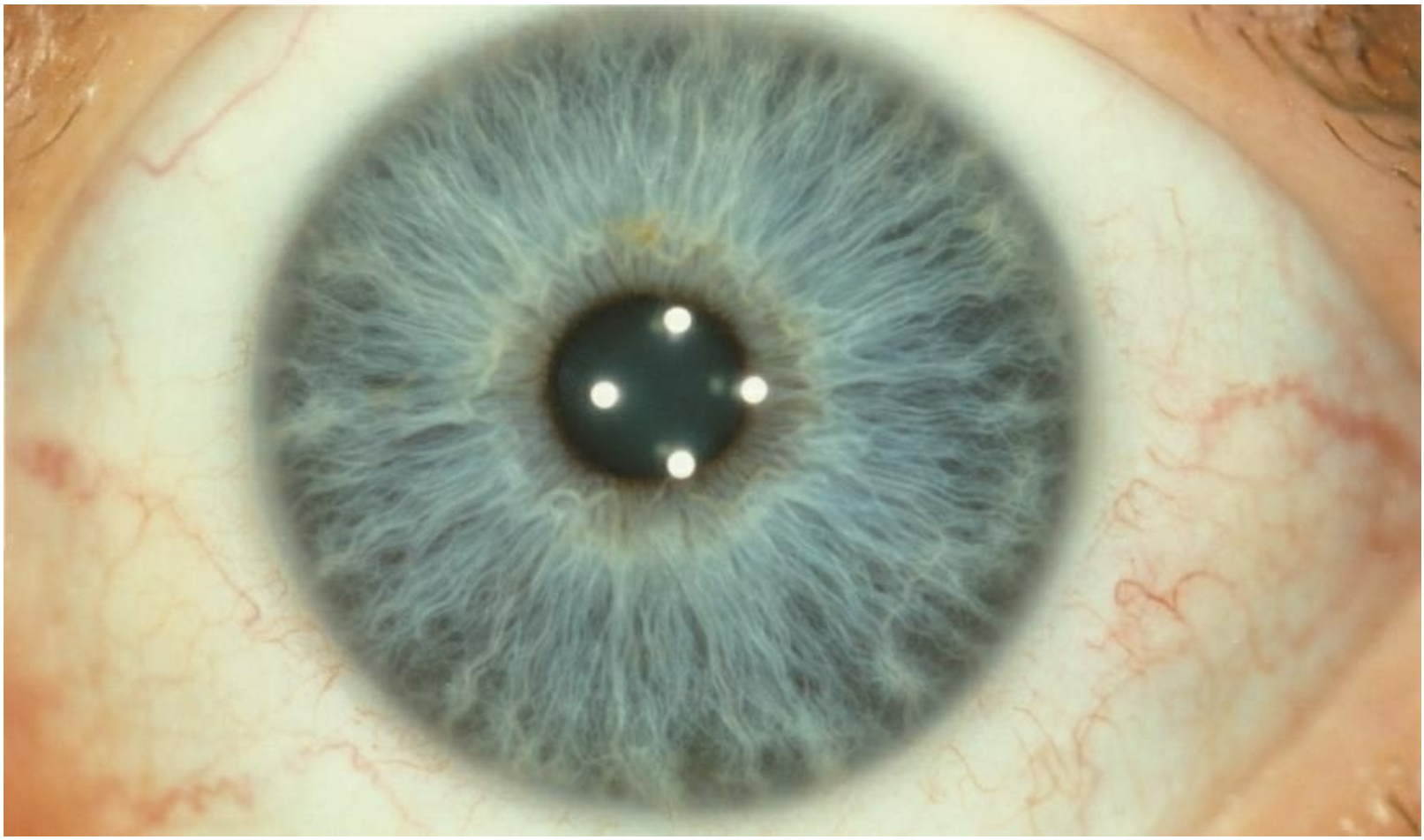
a. Normal or Balanced b. Tight or Constricted c. Atonic or Floppy

A **balanced collarette** is approximately 1/3 the distance from the pupil border to the outer iris rim (ciliary border) with a smooth, slightly oval shape. It has no negative influence on the digestive organs or the large bowel; below are two different size pupils each with a fairly uniform collarette.

Balanced – while not exactly rounded, these represent about the 1/3 distance a balanced collarette should be.

A Tight and Constricted collarette is closer than the 1/3 distance from pupil and limbus. This person has narrowed intestines; therefore, digestion and absorption are limited. Recommend small, frequent meals and snacks of fresh, nutritious foods
Should not eat when nervous or excited as spasms and contractions may occur.

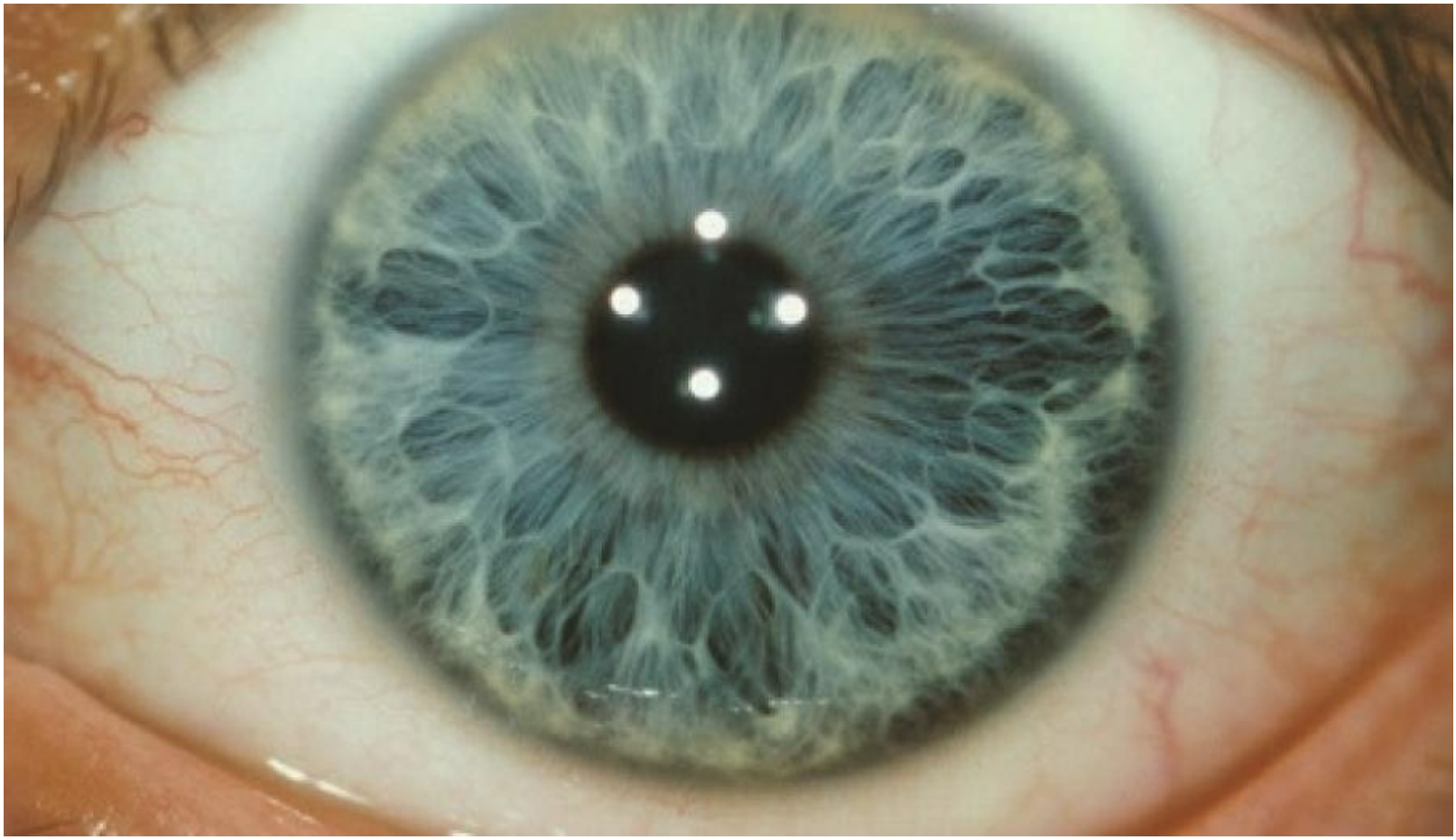
These people are more than likely somewhat introverted.



Tight (and doubled) collarette

An **Atonic, Floppy, and Relaxed** collarette indicates intestines lacking strong function; look at the fibers in this large open bowel area on the next page…are they open and wide? If so then we have longer transit time and less peristalsis (movement). Think of it as a large space to fill before a movement occurs.

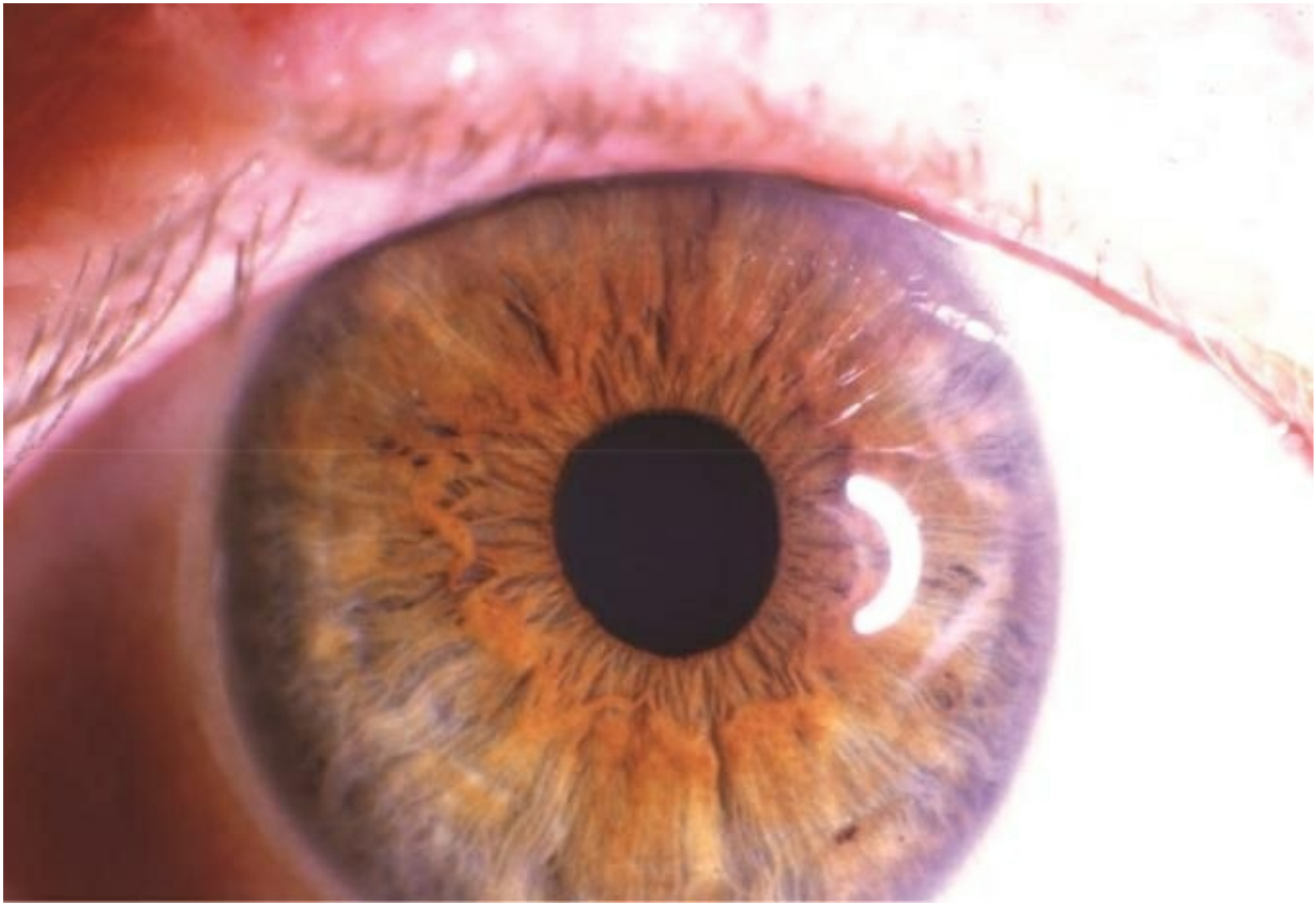
Fiber supplements and fiber-rich foods are a must. Try a multi- fiber product that includes apple pectin, oat bran (unless gluten sensitive) and slippery elm. Since they tend to eat a larger quantity of food, because they can, they have more gas. Digestive enzymes are very helpful with meals.



Atonic and floppy
Wreath Quality

A **Thick and Ropey** collarette will look raised toward the camera or light. It indicates fermentation and extra nerve energy, causing disturbances in the intestines. They will often suffer from diarrhea, spasms and even IBS. Often they suffer from food intolerances. A ropey collarette can also indicate toxic lymph that needs attention.

Notice any areas of the iris that are near raised areas.
Monitor their pH; if very acidic, they will suffer from joint pain and rheumatism. Consider food sensitivity testing to avoid aggravating foods.



Thick and Ropey

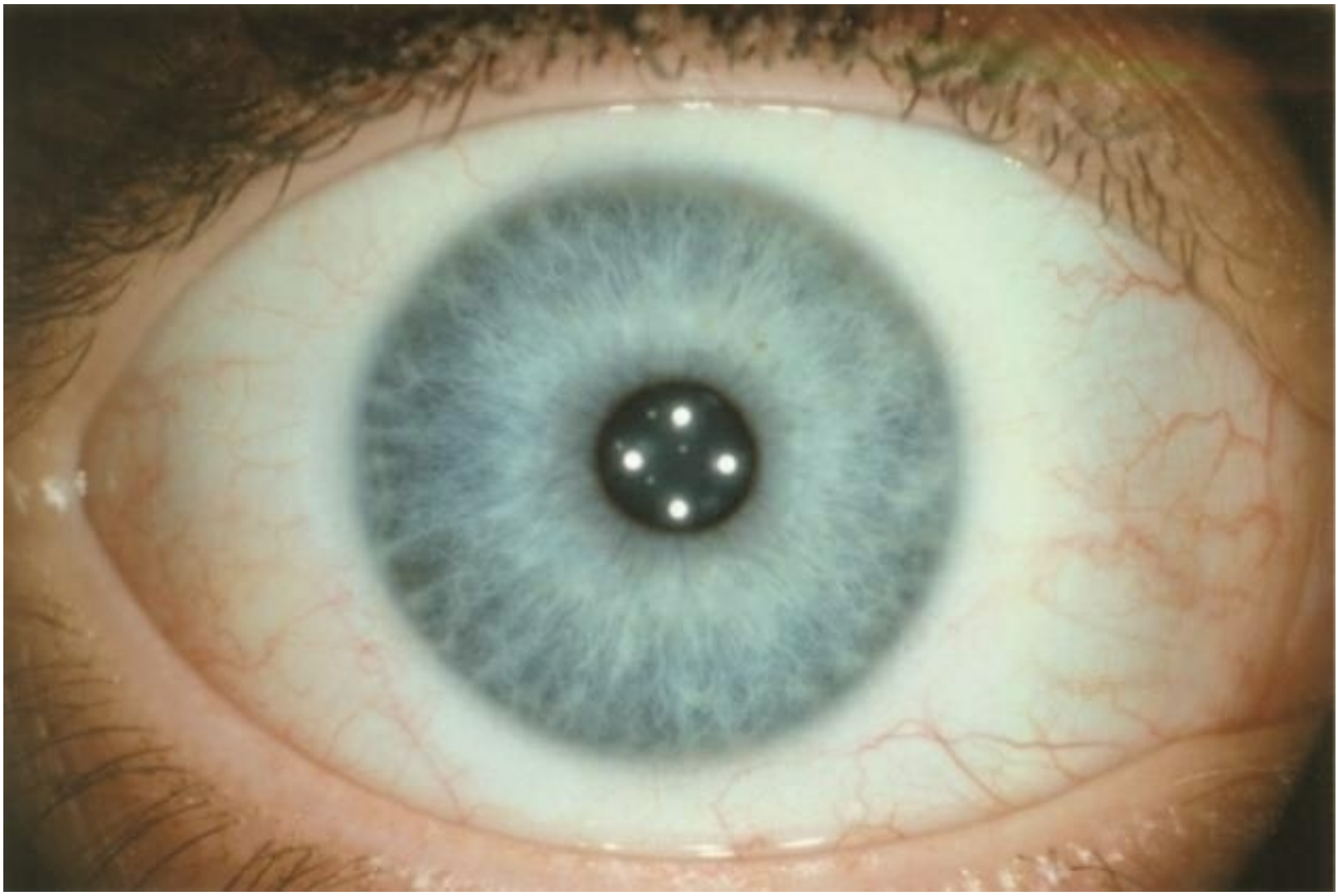
A **Thin and Wispy** collarette indicates a lack of nerve energy, as the thin "nerve wreath" can't carry enough voltage to the digestive tract. They have poor peristalsis because of this, and they may be easily irritated by spicy food, for example.

Avoid hot peppers and heavily seasoned foods.
Support the nervous system with nervine herbs such as catnip, lemon balm, skullcap and wood betony.
Raw foods may not work for this person because of a weak mucosal lining. Soups and broths and stir fries and steamed vegetables will soothe any upsets.

Thin and Wispy

An **Absent or Obscure** collarette is one that is difficult to see either because of pigment overlay or because it is almost non-existent. In either case, we know there is poor absorption of nutrition and usually they get fatigued easily; however, if they are neurogenic, they may not stop for tiredness. They won't be able to digest food well, and according to some authorities, they may have no desire to eat in order to avoid digestive issues.

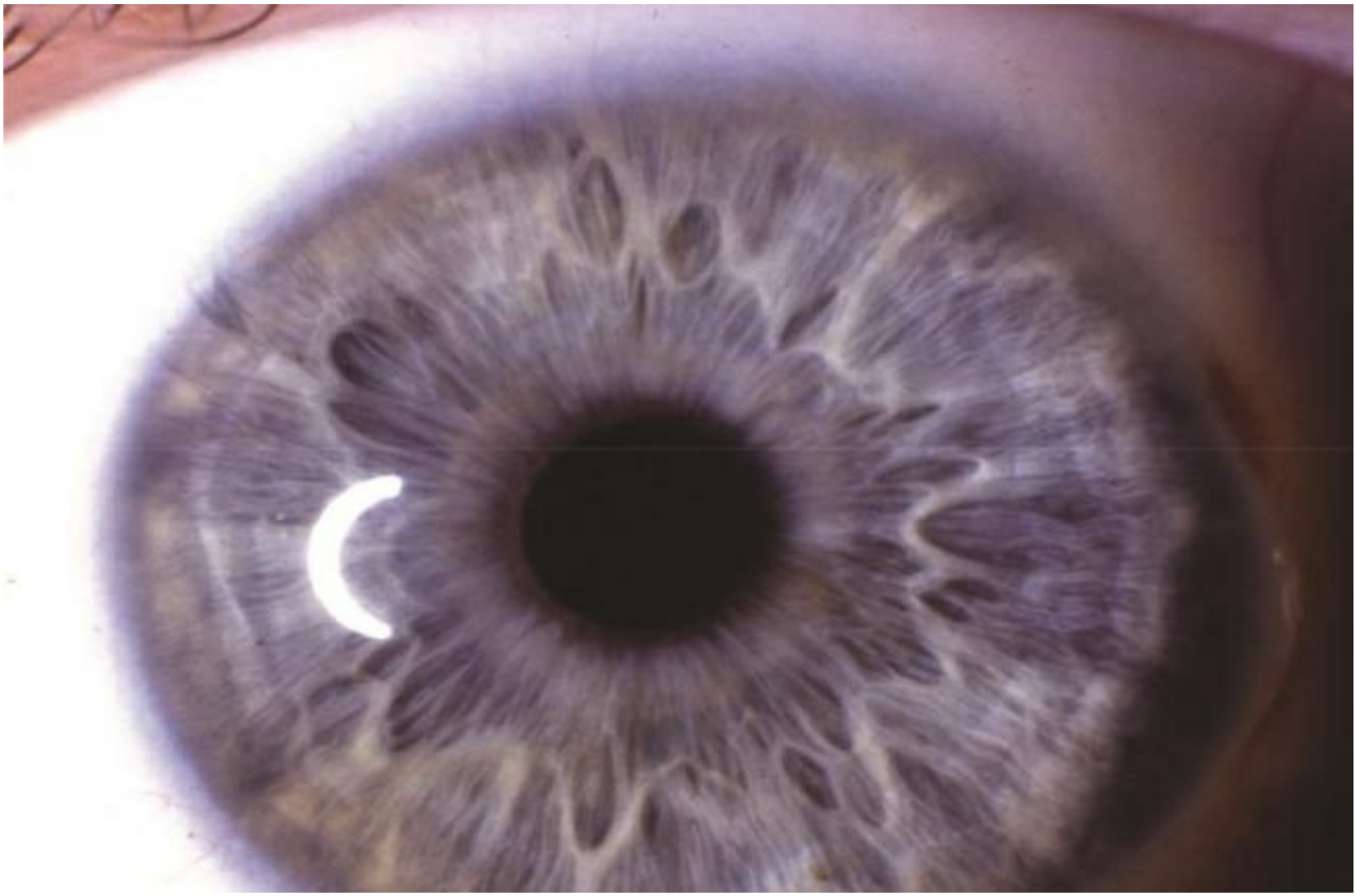
Food enzymes with meals or organic apple cider vinegar before meals Avoid sugars and refined flours as there is a tendency to an overgrowth of yeast. Adding calcium and magnesium supplements will help to soothe the digestive system. Herbal teas that include hibiscus flower, meadowsweet, slippery elm, and chamomile.



Absent or Obscure
Wreath Shape

A **Jagged and Star Shaped** collarette indicates that the bowels react to stress; therefore, the person may have alternating loose bowels, normal, and constipation. Where the wall is jagged in peaks, there is an indication of spasms which may be painful, and this may be affecting the adjacent reaction field. A peak in the heart region, for example, should be investigated as to the nerves supplying the heart.

Use mucilaginous herbs such as marshmallow, slippery elm, and Maca.
Include calmatives such as chamomile and valerian.
Build intestinal flora with probiotics.
Look for possible strictures in the bowel which will cause inflammation when waste can’t pass through properly.



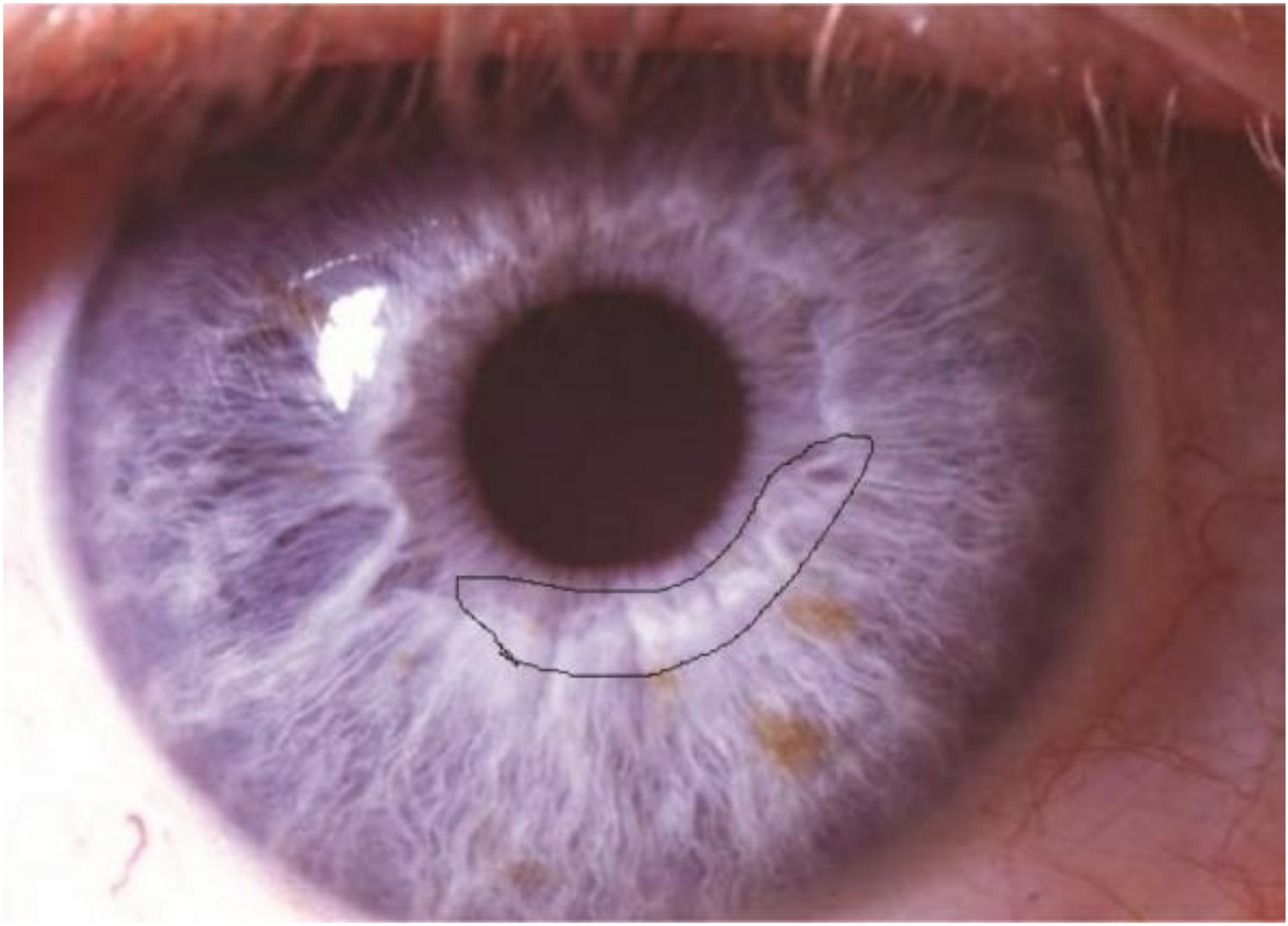
Jagged and Star Shaped

A **Double** collarette indicates extra sensitivities resulting in irritation and too much energy flowing to an area. These people move from diarrhea to constipation, and because of their sensitive system, should not use harsh, bulking fibers such as psyllium. Sensitivity, irritability, and spasms are aggravated by stressful situations. If the doubling takes place in the lung area, there may be more nerve energy there, so check for congestion or coughing reflexes, as well as doubling in any other area.

I once asked a 7 year old child with excessive doubling in the collarette if he had a lot of dreams, and he told me, “YES! But I hate it when I wake up and my chakras won’t quit spinning!”

Slippery Elm
St. John’s Wort is good because it is both a calmative and a muscle relaxer. This type is so sensitive that they often have vivid dreams and

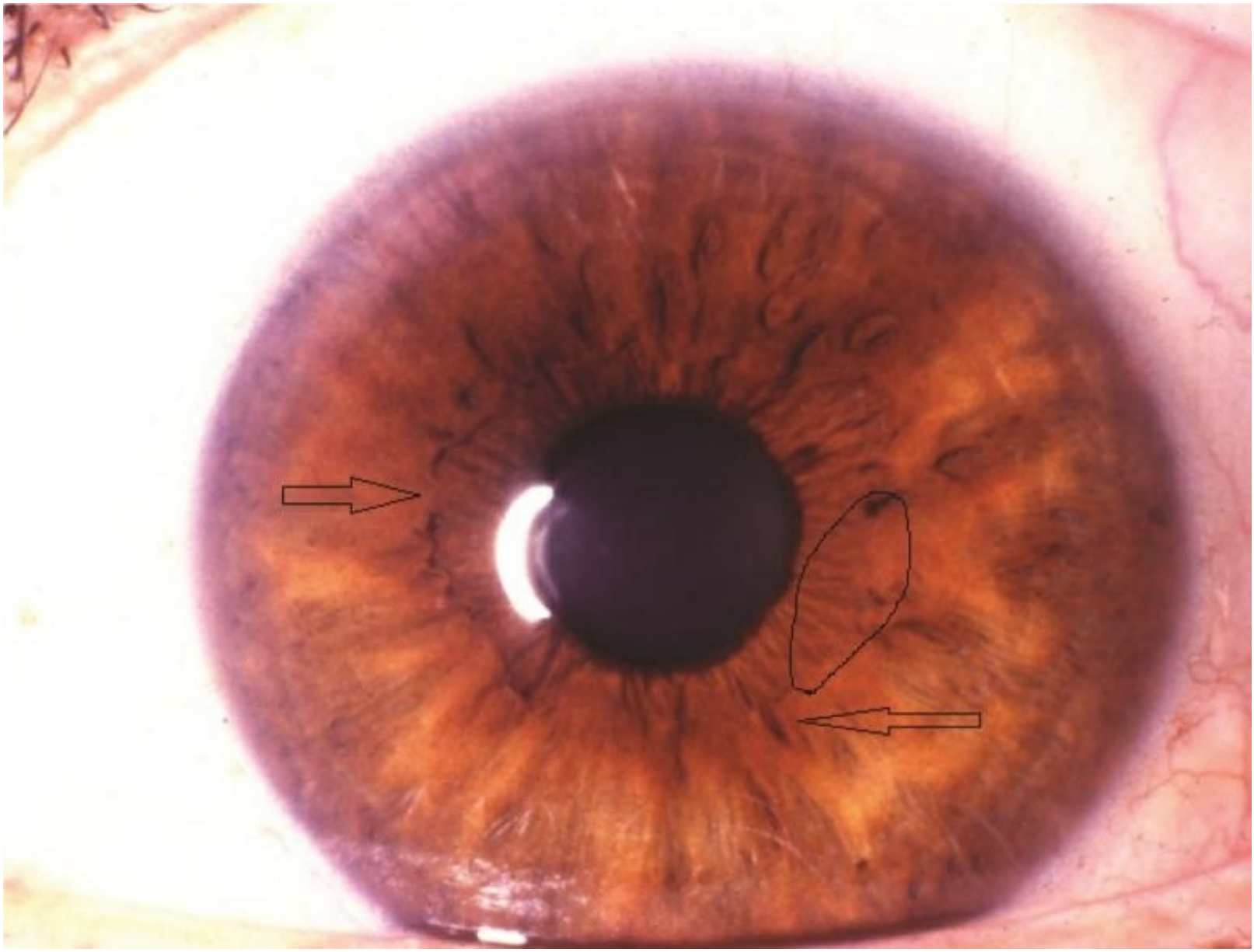
even out of body-type experiences. Encourage them to speak of them and to write down their experiences.



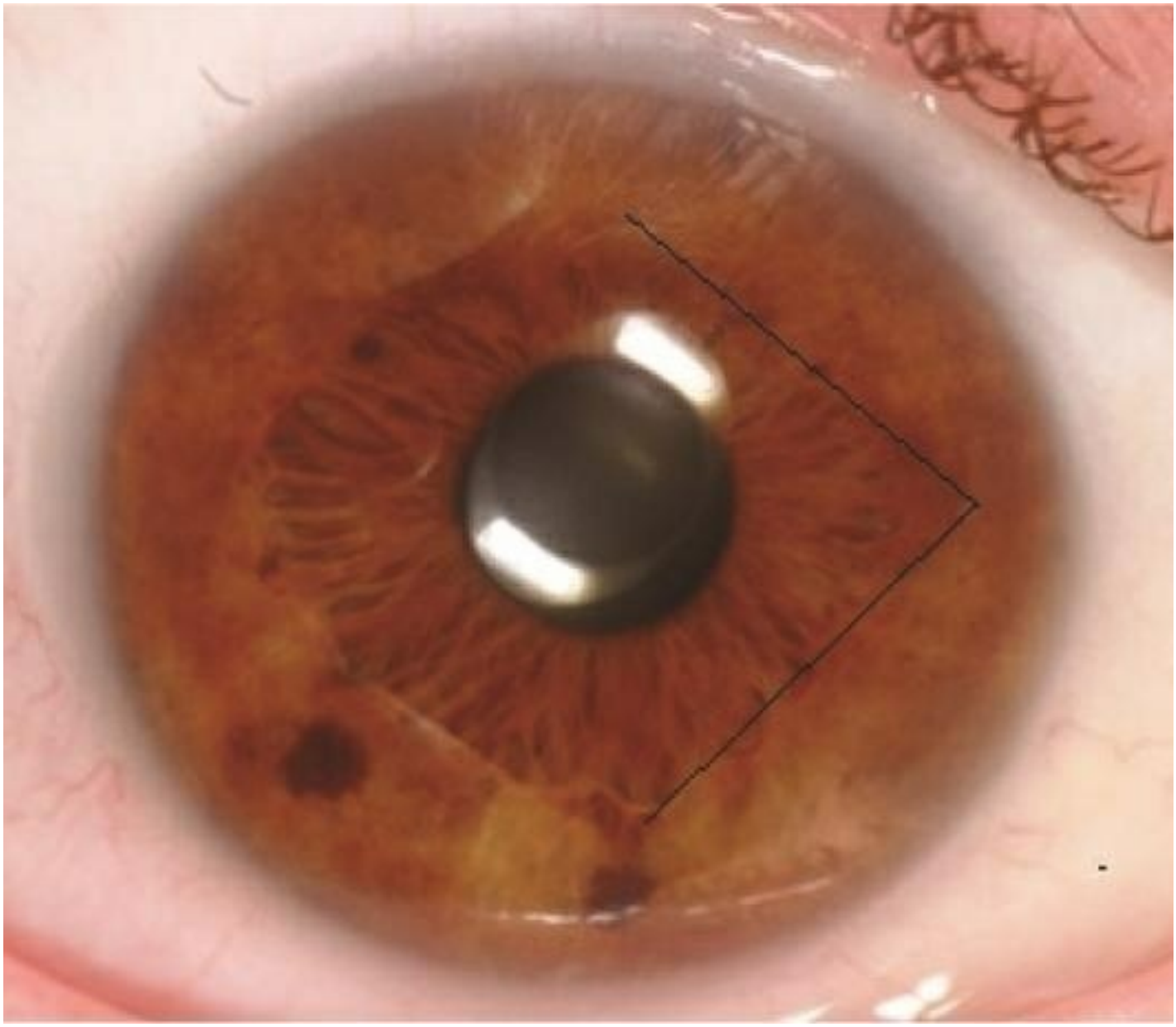
Double

Intermittent or Irregular collarette indicates both under and over-active bowel with a tendency to appetite disorders and spasms. It appears bold in places and non-existent in places. They have weak peristalsis, weak bowel movements, and do not absorb vitamins, minerals, and nutrients well. A *broken collarette* means a broken nerve supply; check all areas for functionality.

Examine the areas adjacent to the breaks in the collarette as they need support. Add liquid colloidal minerals to their program.
Digestive enzymes necessary



Intermittent or Irregular
Other Collarette Types



Square

With a squared-off collarette, look to the four corners where the pancreas lies: 2:00, 4:00, 8:00 and 10:00. You may see the pull only in 3 corners, but still check pancreas areas and a family history of pancreas issues such as high or low blood sugar, pancreatitis, etc.

Smoothies and juices; pancreatic enzymes with meals
Small meals throughout the day; 4-5 meals daily. Having no more than 25 carbs per meal when experiencing discomfort helps many people
Relaxation exercises are very beneficial.

The **Angle of Fuchs** collarette has a pronounced thickness; it is raised up like the side of a mountain. Usually, the digestive area is overactive

unless fermentation builds up, and it gets gassy and constipated. There is also a propensity to diabetes.

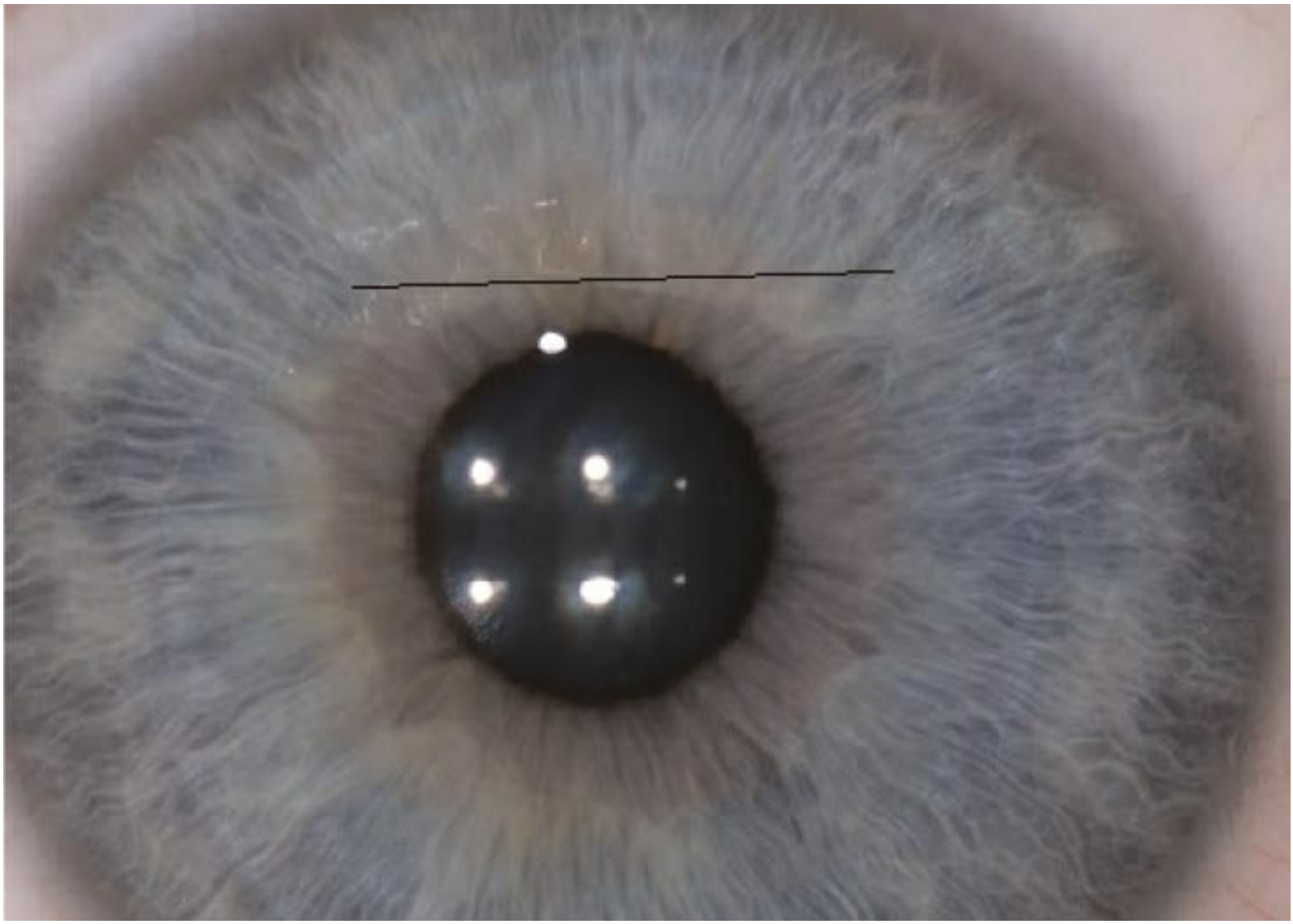
Yoga, relaxation, meditation
Soothing, comfort foods; do not overload on hard to digest proteins or refined carbs Avoid alcohol and sweets.

Angle of Fuchs
Frontal Indentation (possible prolapses)

Iridologists used to call this a prolapse, and it is still a good possibility that the colon is “falling” with this sign, but it is not true in all cases. It could indicate possible prolapse in later years. They might experience gas

and bloating, cramping in the ovaries, and frequent urination.

Inversion postures are great for this sign; a yoga shoulder stand or just putting one's feet up on the wall for 15 minutes a day does wonders for the whole body. A slant board or inversion table helps to reduce the effects of gravity. Strengthen the connective tissue with Sam-e and horsetail grass.
Abdominal self-massage and opening up the ileocecal valve and the splenic flexure by pushing under each rib while bending over for a few seconds each day.

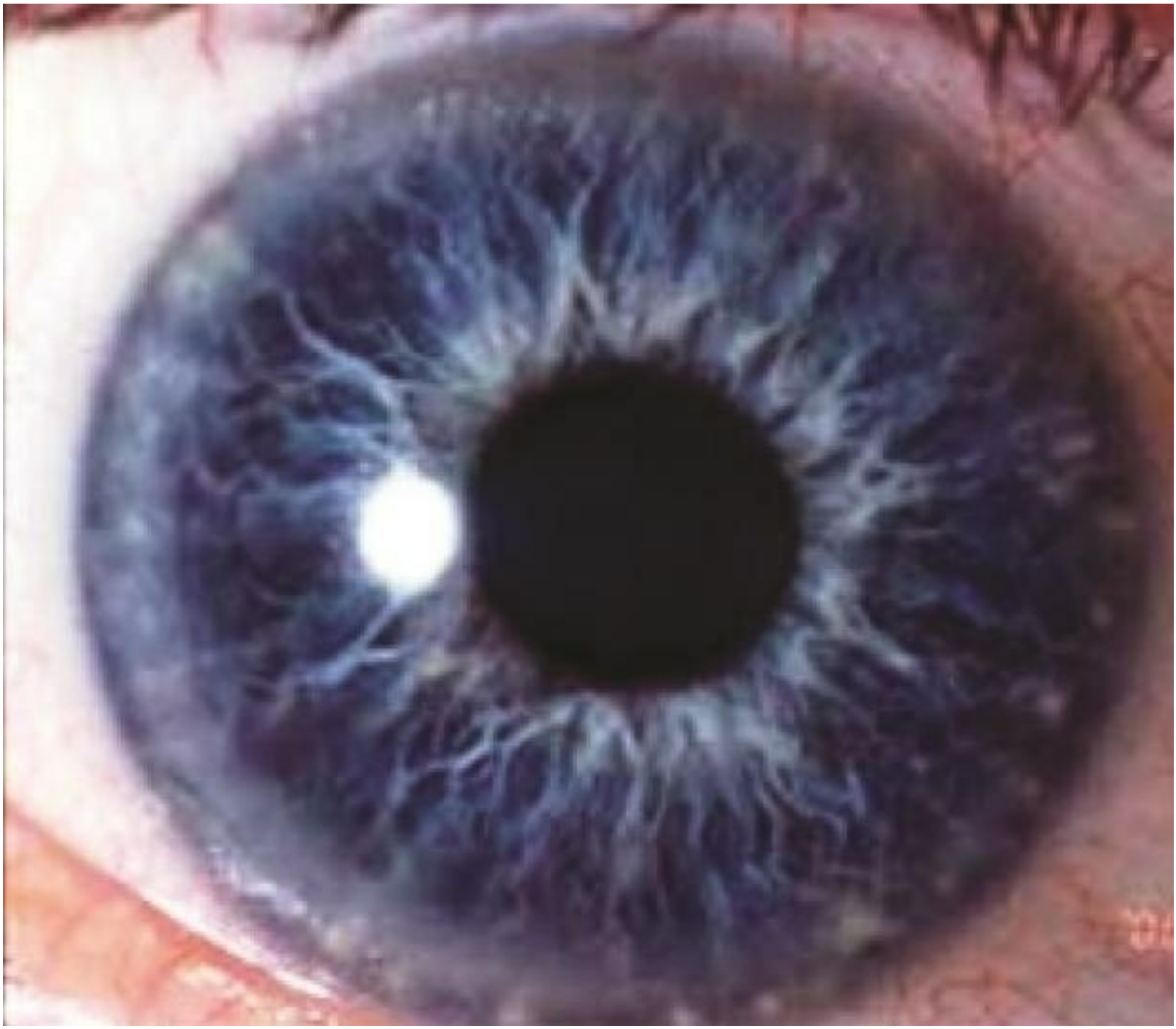


Prolapses or Frontal Indentation

A **Meerschaum collarette** is raised and extremely white, like the foamy mineral for which it is named. Since raised bright white fibers mean

irritation and hyperactivity, a Meerschaum collarette indicates an effect on the entire autonomic nervous system AND the digestive tract. They may have stomach aches, colic, and pain associated with the inability to absorb minerals, as many of our essential elements are only absorbed when the body has proper pH.

Eat green and root vegetables for their alkalizing effect.
Supplement with herbal calcium and magnesium.
Balance the pH, both urine and saliva.
Add a multiple with minerals in addition to fulvic, ionic minerals.

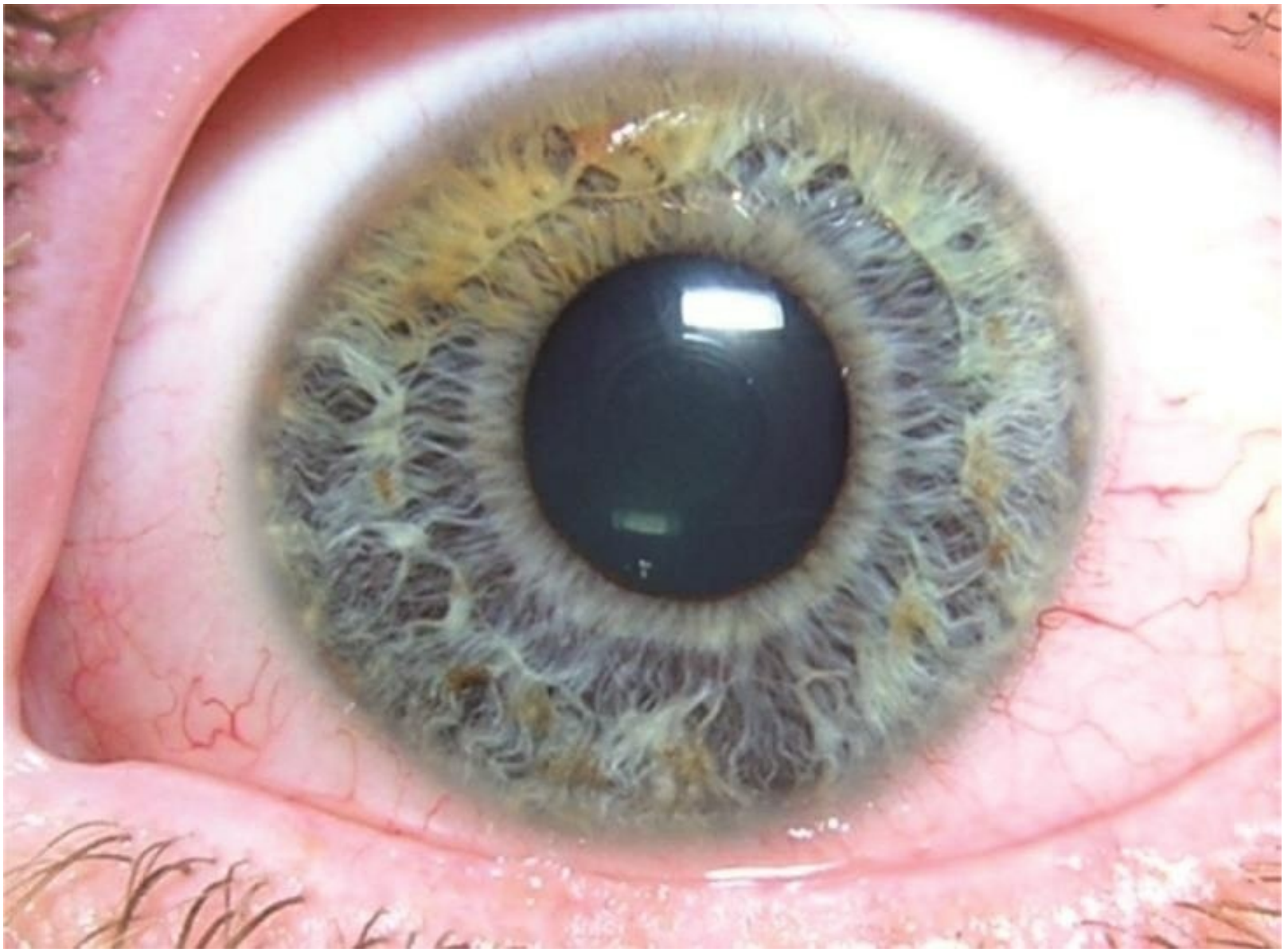


Meerschaum
Digestive Signs in the Iris

Looking at the iris from the inside out, we start with the **Pupillary Ruff** or the **Pupil Border**, the tiny ring that is visible in most irises and which rims the pupil. It consists of spinal cord material and reveals actual brain tissue. Just around this border is a dark ring which has been called the "absorption ring" as it is thought to indicate difficulties with absorption of nutrients.

Along the **Pupil Border,** we sometimes see a **gray inner pupillary border**, which indicates lowered stomach utilization. If a person's stomach is lacking hydrochloric acid, then food will not be properly digested. This is a much more prevalent problem than "over-acid" stomach!

Stomach Zone with Visible Sphincter Muscle - is a term referring to the sphincter muscle. It is the first circle outside the pupil border and extends approximately halfway to the wreath or collarette. Information within this circle pertains essentially to the stomach and related digestive functions. It is shaped round, like a doughnut. Ideally, this ring should **not** be visible, ie. it should be the same color as the iris.



Visible Stomach Ring

Some people have tight fibers in this zone, an indicator of good digestion, but very thin and separated fibers (where the muscle shows) point to inherited stomach issues, usually over activity and fermentation. These loose fibers are sometimes labeled **Comb Teeth** or **Cogwheel Spokes.** There may be tiny radial furrows darker than the rest of the zone. If this zone is bright white, look for over-acid conditions and help the client avoid acid- forming foods. If this zone is gray or dark, the client will have an under-active stomach, so look for a constipative pattern and support with HCL (hydrochloric acid) or the ingredients necessary for making HCL: zinc, iodine and b-complex, particularly thiamin.

Central Heterochromia

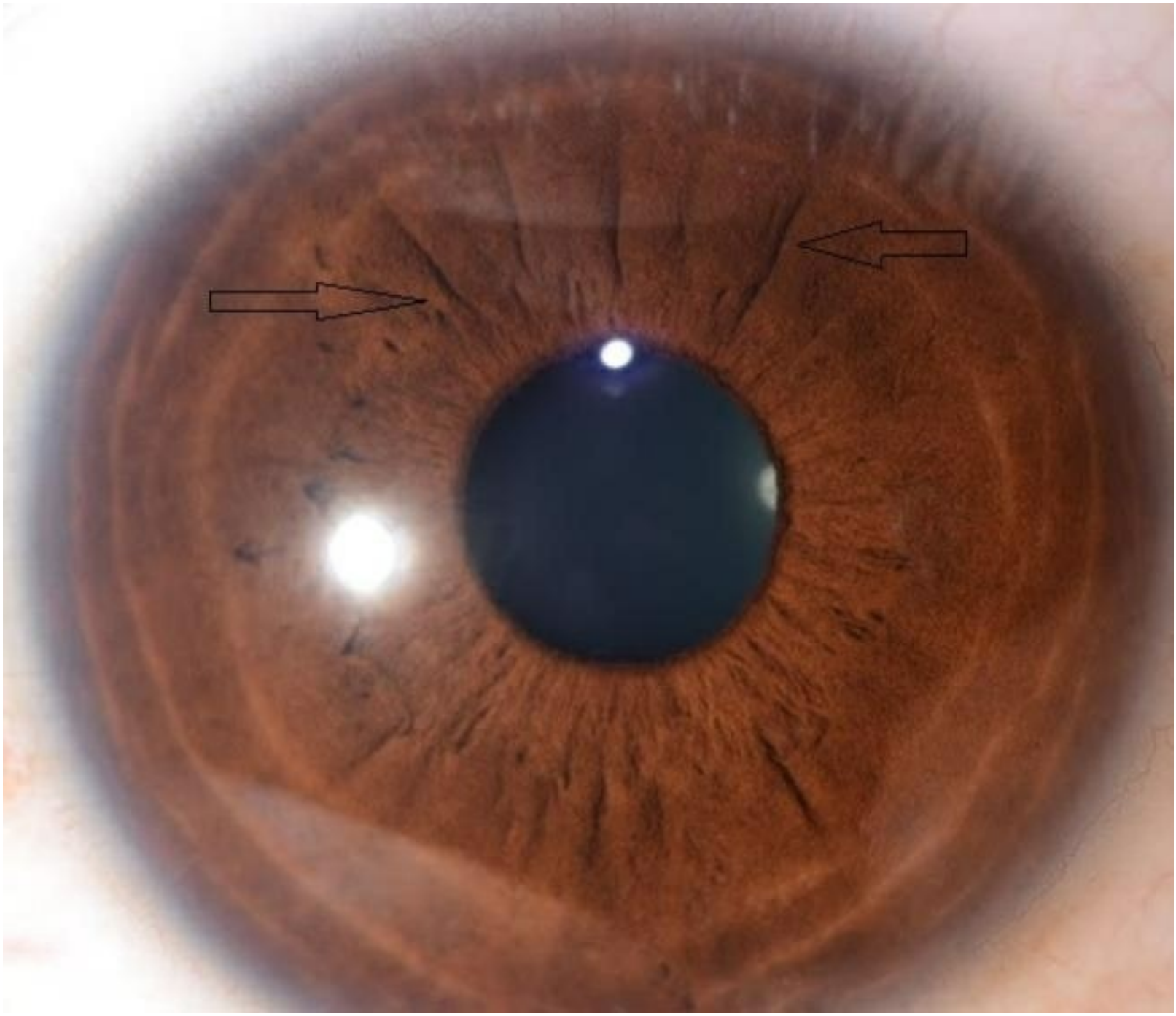
We have covered this area previously, but just remember that any pigment is to be noticed. Someone once said that the pigments are God's way of covering a weaker area, just as we develop darker pigmented skin in areas with more sun exposure. If someone has a dark heterochromia in the Nutritive/Stomach zone (CENTRAL Heterochromia-around the middle), look for digestive issues there.

Contraction Furrows

Occasionally, **Contraction Furrows** are viewed inside the collarette; this indicates sympathetic nervous system imbalance affecting digestion; for digestion we need to be in a resting state which requires parasympathetic support (Kianna Smith 47).

Radial Furrows

These are also referred to as Radii Solaris because they look like rays of the sun – spokes radiating outward from the pupil. We most commonly view them in the head areas, but they can appear anywhere in the body. *Minor radials* are located inside of the collarette and relate to stomach issues. When radial furrows penetrate the collarette (*major radials*), there is weakened nerve energy to the intestines, and therefore, this area becomes toxic more easily. Because they penetrate the collarette, the bowel wall is "broken"; look to the adjacent organs and glands for disturbance where you see a radial furrow.



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Radial Furrows (like spokes) and contraction furrows in the outer ciliary zone

Crypts

These tiny diamond-shaped lacunae are always located just inside or just outside the collarette. They usually indicate a family history of bowel issues such as diverticulosis, a lack of enzymes, or even polyps or ulcerative colitis. Using soothing bowel detox herbs would be helpful for this sign, even if they currently have no particular issues. Slippery Elm and ground flax seeds would be helpful for prevention. In review of the

Nutritive Zone,

If the stomach zone is **white**, look for stomach acidity and over-reaction. If the stomach zone is **gray** or **darker** than the rest of the iris, the person's stomach is under active and needs stimulation with lemon, apple cider vinegar or HCL. **Radial** or **contraction furrows** show weakness in this zone, but for different reasons. If there is pigmentation in this zone (**Central Heterochromia**), there are digestive issues. Notice how the color of the pigment correlates with what we already know about color in the iris.

1. Brown or black color = liver
2. Gray=inherent weaker area of the body
3. Orange = pancreas
4. Yellow = kidney

Iridology Syndromes

Cardio- Renal Syndrome

This syndrome was discovered by Dr. Joseph Deck: With this syndrome, there are large lacunae in the heart and kidney reaction fields, which indicate a left cardiac insufficiency and kidney insufficiency. This might present itself as ascites or edema. More often the tendencies won't show up until later in life, although the sign is there from the beginning of life.

We would want to support and nourish the kidneys and heart, provide information to stimulate the kidneys to relieve any edema and relieve any pressure in the lungs.

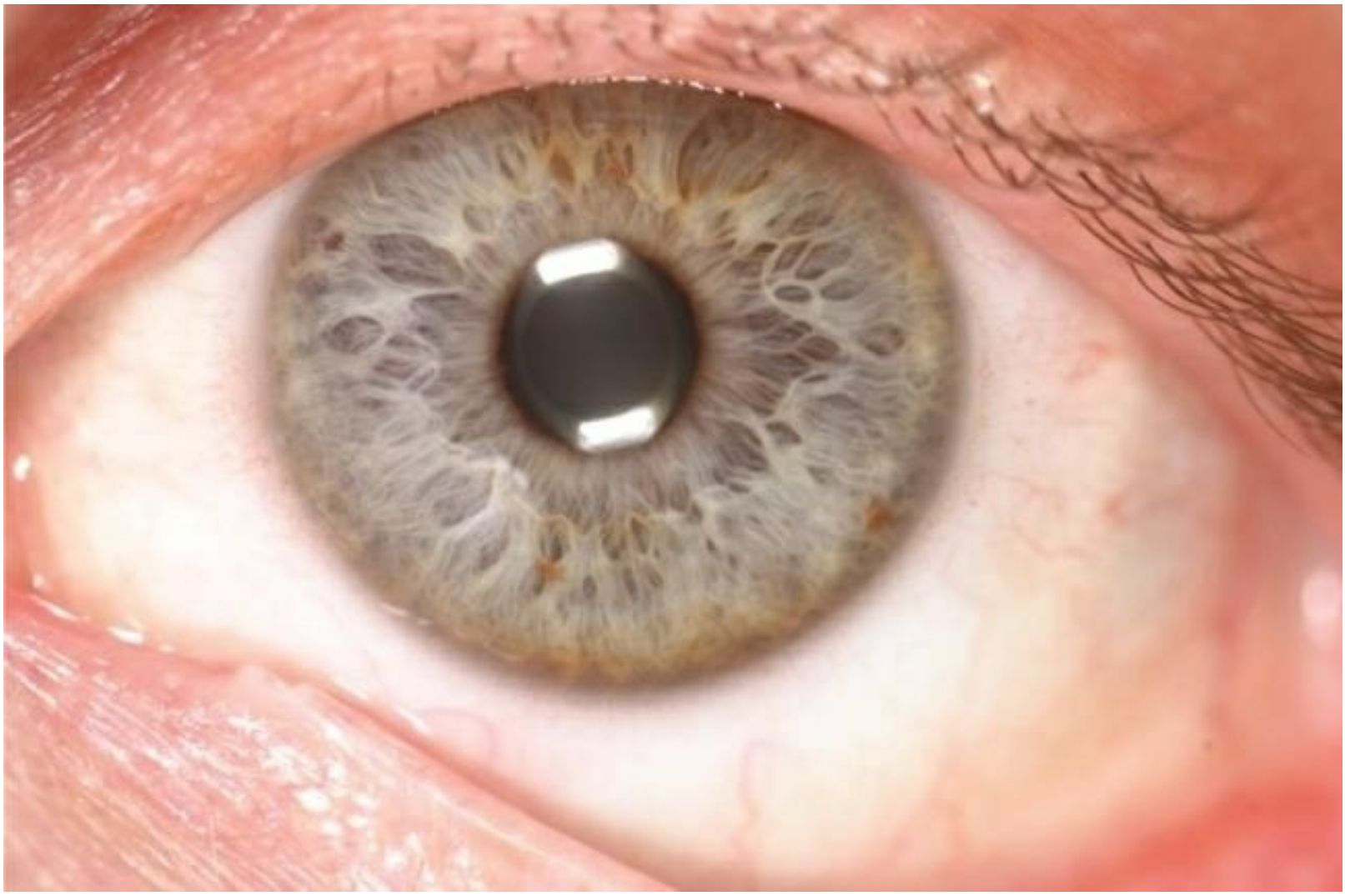
Cardio- Renal
Cardio-Abdominal Syndrome

The instance of a large heart lacuna and expanding of the collarette in the descending collarette or the splenic flexure was identified by Dr. Roemheld. It indicates pressure on the heart because of the expansion of the large intestines. *Symptoms:* Flatulence, heartburn, constriction in the chest, a sensation of the pulse in the throat and fatigue are all possible.

Ideas for treatment include to promote better digestion and to find relief for the acid reflux or heartburn. Encourage clients with this sign to avoid eating late night meals and to support the liver and gallbladder with only good fats.

Cardio Abdominal
Pancreatic Syndrome

Sometimes called the “pancreatic triad,” this sign is indicated by large lacuna and crypts in the pancreas sections, lung and nasal regions. It is often found in a connective tissue type and would possibly indicate weakness in each of these areas, and also the tonsils.



Pancreatic Syndrome

CHAPTER NINE: PUPIL SIGNS AND CONTRACTION FURROWS

The iris is made of two types of muscle: a ring of sphincter muscles that can make the pupil constrict in bright light, and some dilator muscles that radiate outward which expand the size of the pupil in low lighting. In a state of good health, pupils will appear generally round; however, certain problems cause the pupil to look irregular. It might look flat in areas, larger, smaller, elliptical, and even somewhat horizontal. The pupil deformations may not be occurring in the present time, but they reflect the past or sometimes even the future.

If flattening occurs in only one eye, look for issues on one side of the body such as a shoulder problem, lower back issues, etc. Sometimes the pupil seems “stuck”; below are some of the signs related to chronic pupil

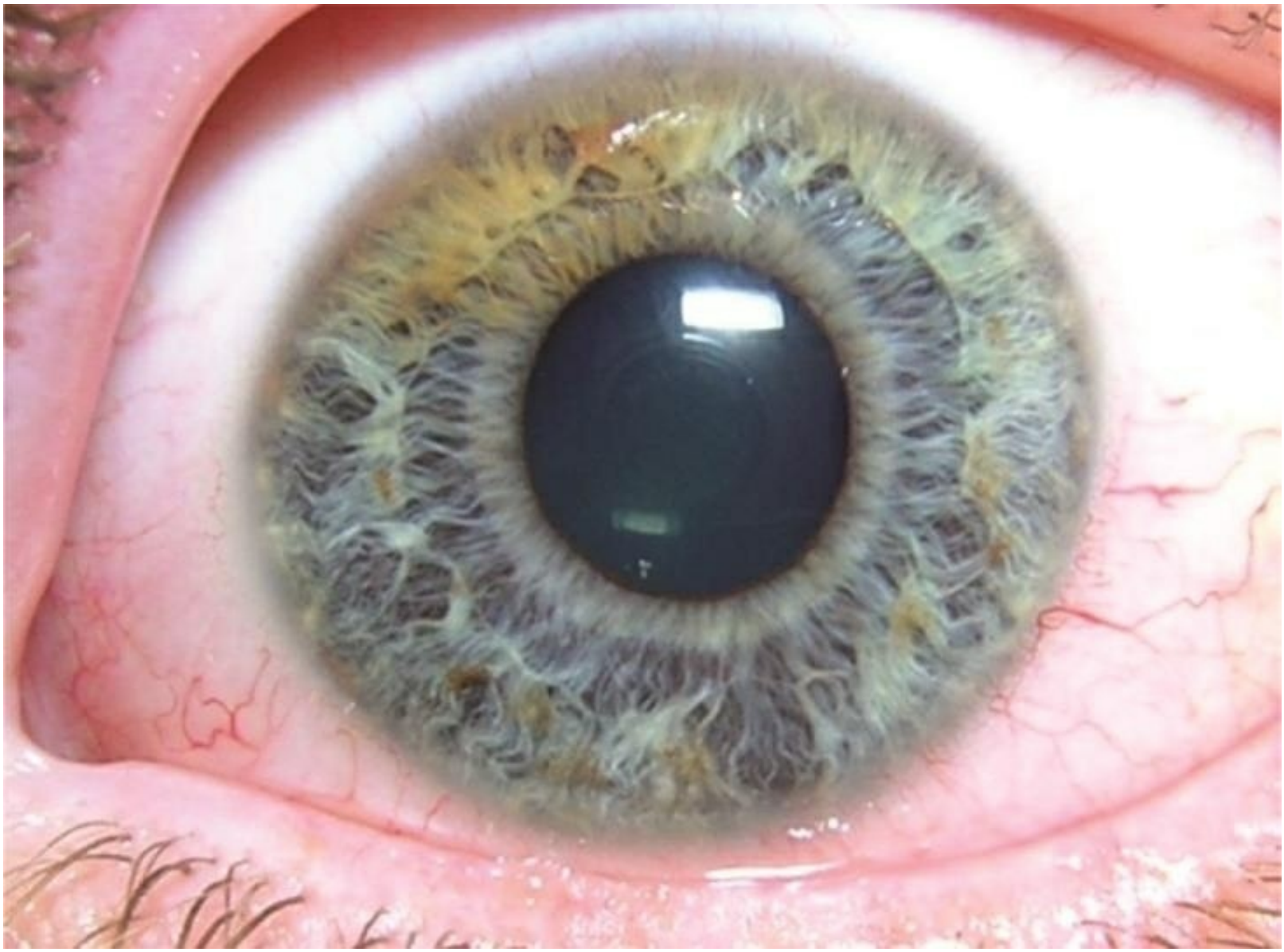
conditions.

The Pupil: Signs of Vitality and Digestion

The relationship between the size of the pupil and the size and shape of the collarette give us valuable information about digestion of the food we eat. The pupil represents our utilization. A small pupil indicates an ability to utilize energy stores readily. Notice each of these different scenarios below and the characteristics of each. A person can come to understand himself just by knowing this information alone.

Large Pupil with an Expanded Collarette

1. Prone to gas or flatulence
2. Eat a lot but always hungry
3. Excessive gas brought on by lack of stomach acids
4. Slow metabolism can bring on weight
5. They accumulate waste in the body; need more cleansing foods and juices.



Large Pupil, Large Collarette
Large Pupil and Small and Narrowed Collarette

1. Reduced digestive function due to faulty metabolism
2. Easily exhausted because of low energy reserves
3. Needs a great deal of food to become full, but doesn't absorb nutrients well
4. Advise nutritious low carbohydrate meals that are very nutrient dense

Large Pupil, Small Collarette
Small Pupil with a Narrow Collarette

1. Should have good digestion and good metabolism
2. They don’t put many demands for energy on the body
3. This is the more ideal combination
4. High achiever and demanding of themselves and others.

Small Pupil, Tight Collarette
Small Pupil with a Distended Collarette

1. Need plenty of food for fuel but also produce a lot of waste
2. Low endurance because of poor use of energy
3. Sluggish Bowels
4. Still a great deal of drive but may have little follow through
5. Often become sluggish and chilly

Small Pupil, Large Collarette

Pupil Size Variations

As mentioned, pupils are about 1/3 the diameter of the iris in adults, while children often will have dilated pupils. Otherwise, light exposure dictates the opening and closing of the iris via the oculomotor nerve, the nerve that regulates the pupillary sphincter muscle (controlled by the para sympathetic nerves) and the dilator muscles (controlled by the sympathetic nerves – emergency reaction). In some people, the opening size does not change readily or at all even if exposed to light or dark. Definitions of these types are below.

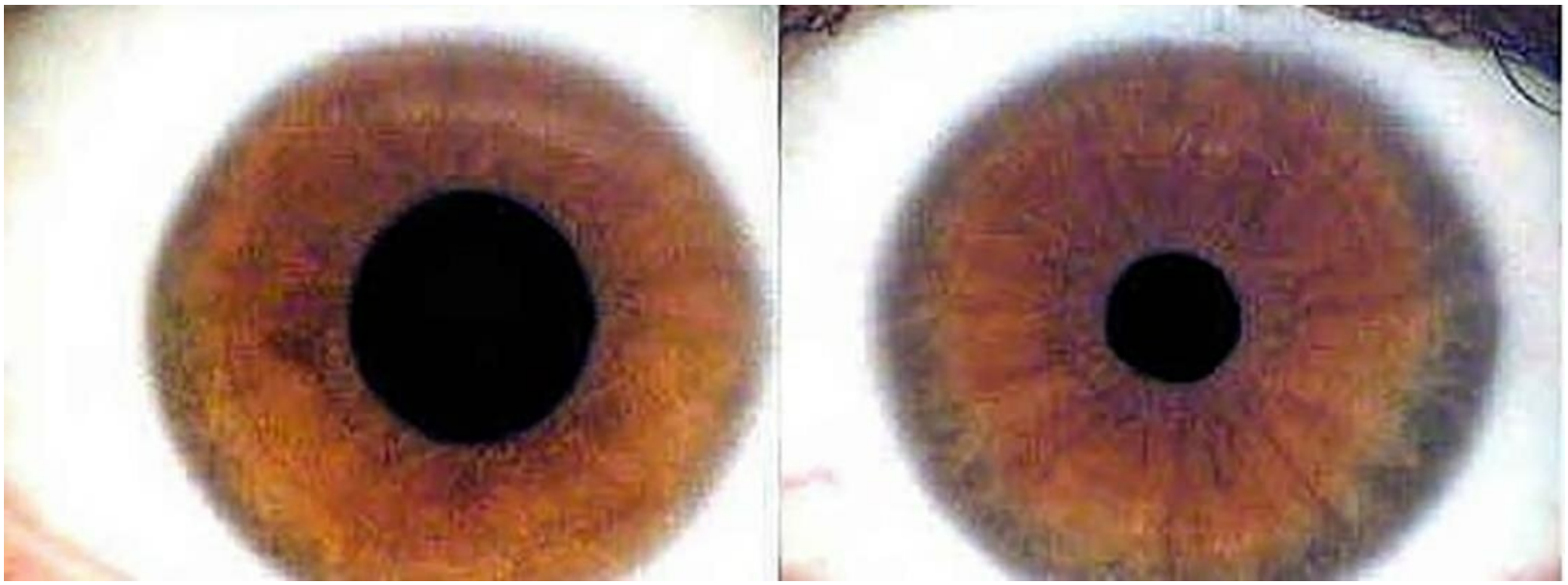
Miosis – A Small and Tight Pupil

1. Extreme contraction; tension and control
2. Can't get satisfied, with food or sex

3. Anxiety, often nervous eaters; may have eating disorders
4. Usually accompanied by the **Neurogenic** Subtype
5. It is common for them to have very slow pulse rate
6. Often times leaders because they like control of situations

Mydraiasis – Dilated Pupils
1. Sometimes caused by the use of certain drugs; may take time to revert to normal
2. Tired and need nap time, low sex drive depleted energy in general
3. Look to the adrenals for exhaustion
4. High utilization of energy; in a state of fear, depending on the sympathetic nervous system instead of relying on energy from rest and food, they are using up their own energy
5. Might have asthma (fear), kidney and urinary tract problems

Anisocoria – Each Pupil is a Different Size
1. Could be from a concussion or a spinal illness such as meningitis.
2. High fevers
3. People having a stroke may have this as the only indicator.
4. Tumors can also affect pupil dilation.
5. If taking photos or using a light, be sure to give the iris time to relax. Sometimes, when a person is innervated, it may take a few moments longer than usual, but it will go back to the proper size eventually
6. If this becomes chronic, the person should be under the care of a physician.



Anisocoria

Hippus – Pupils Pulsate

1. Pupils move between sympathetic and parasympathetic constantly
2. Have trouble saying no
3. Changing the amount of light constantly irritates the nervous system
4. Called the “zig zag” personality by Angerer because of their mood swings
5. Needs nervine herbal support along with essential minerals
6. If there is twitching involved, Black Cohosh is specific.
7. Check for a family history of epilepsy, anxiety, unreasonable fears, OCD

Pupil Tonus

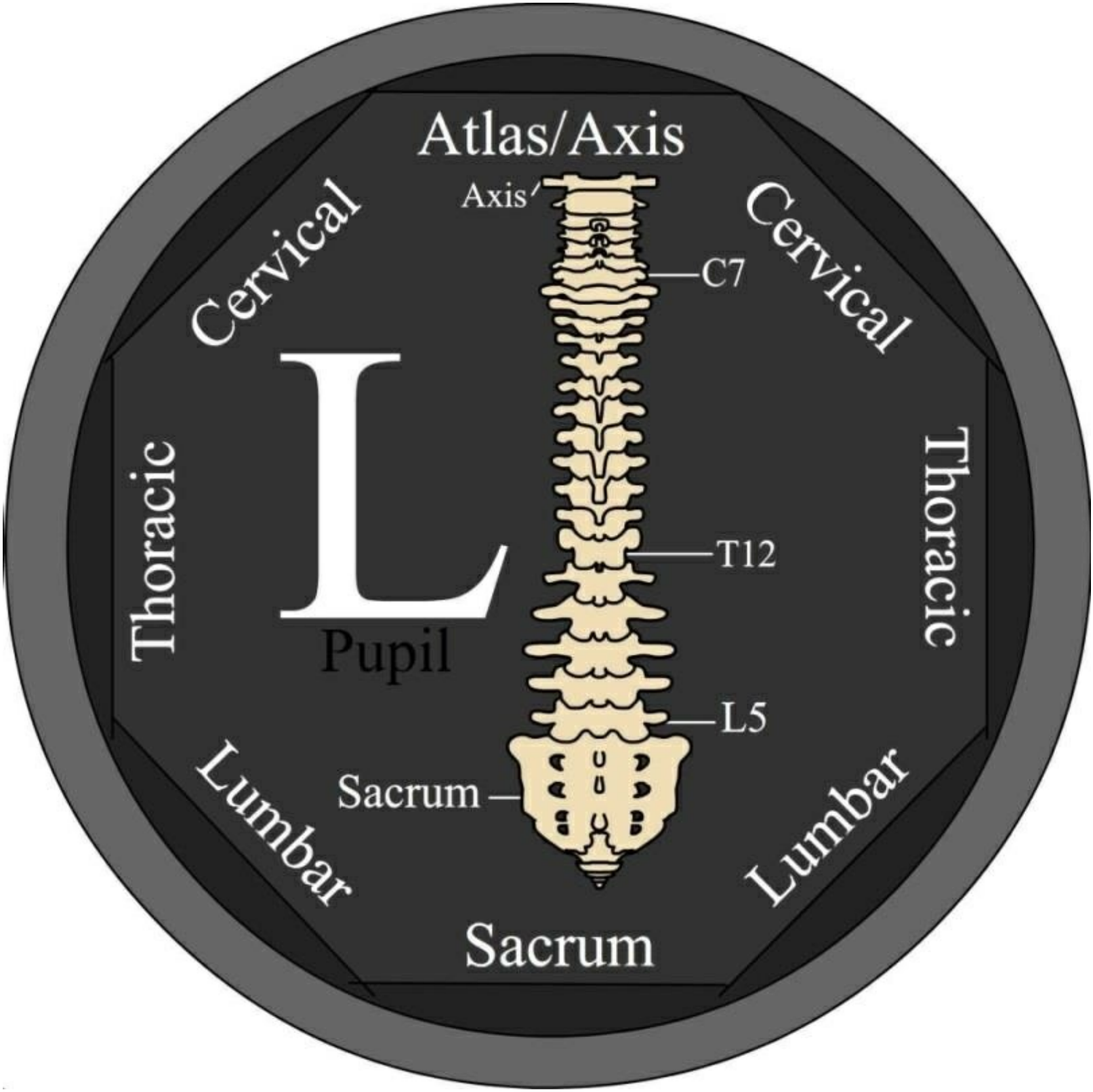
The size and shape of the pupil can indicate spinal subluxations, but also signs of stroke or brain injury. Pupil Tonus relates to flattened or deformed sections of the mostly circular pupil.
The direct relationship to the cerebral spinal fluid has been confirmed through research, and according to clinical evidence, pupil flattening and irregularities in the eye can eventually go back to the normal shape with proper therapy.

A flattening of the pupil shape indicates a disturbance in the adjacent iris

area; the stronger the disturbance, the flatter the pupil in that area.

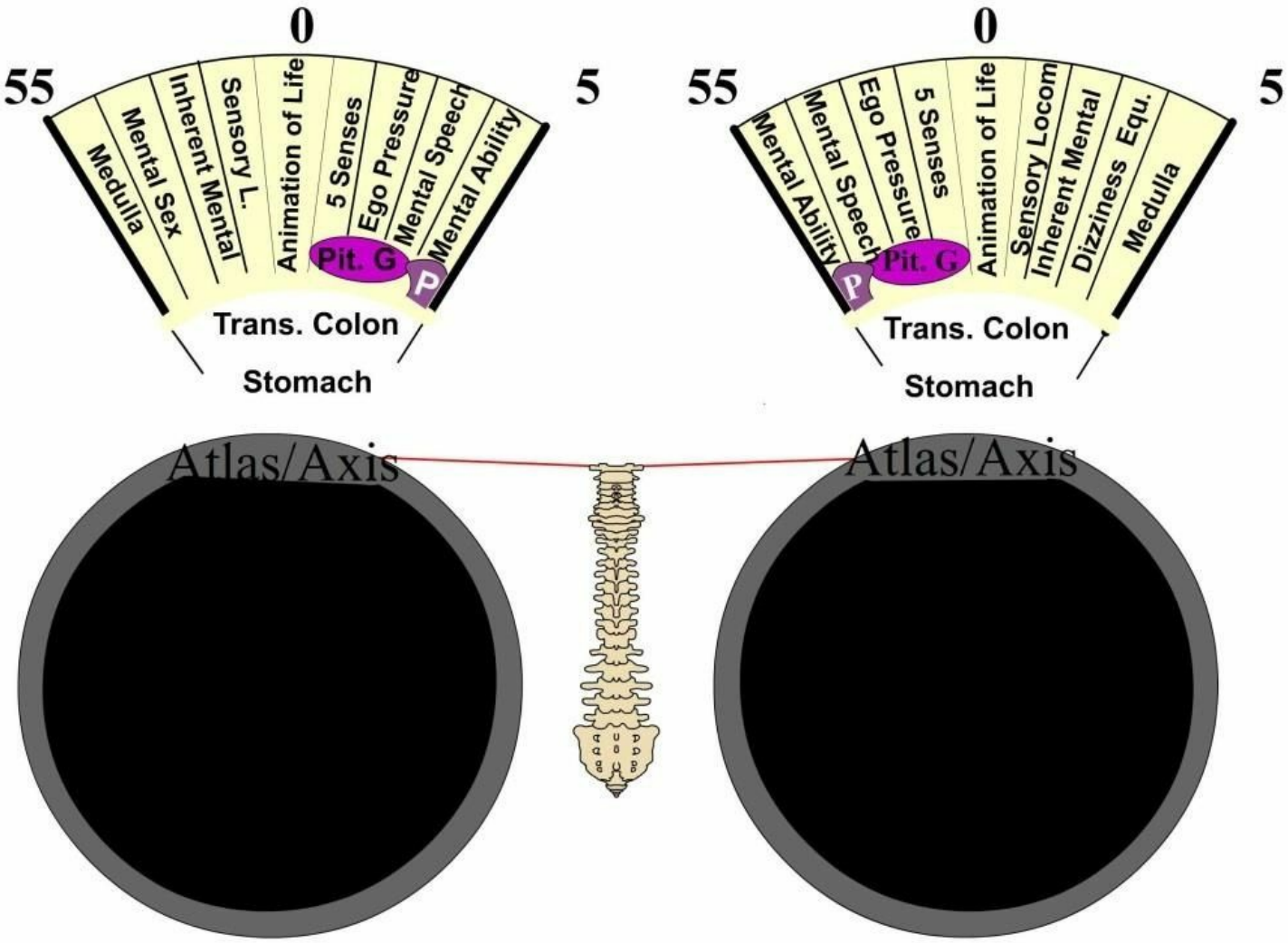
Kianna Smith, in her book ***Iridology: A Handbook***, refers to Total Deformation and Partial Deformation. **Total** is when the pupil takes on an oval shape (total ellipses), indicating the nerves are not properly supplying the muscles for contraction. Here there is pressure or swelling from the brain and spinal cord. This can be serious, as it is not a common sign, and the person should be checked by a doctor and take precautionary measures. I have only seen this once, and the woman was refusing medical treatment so her daughter brought her to me; one look into her eyes, and I helped the daughter take her directly to the Emergency Room.

Partial Deformation : These are flattening of various types which correspond to organ and tissues adjacent to the flat areas. As shown in the following examples, a flattening in the cervical section of the pupil refers to injury or problems in the cervical spine but also everything in the same reflex areas: head, neck, thyroid, eyes, etc.

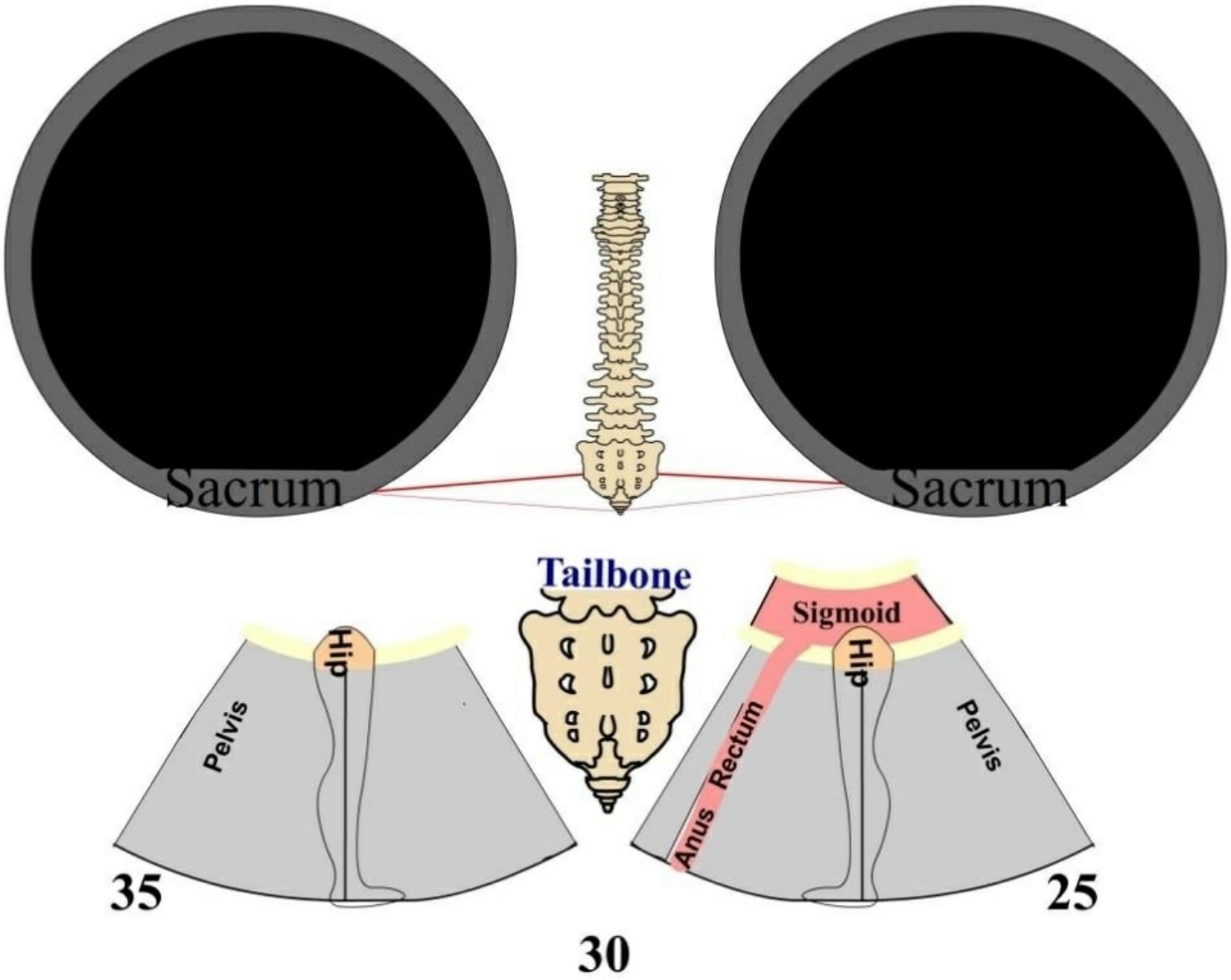


The above chart designed by Mary Reed Gates beautifully illustrates the pupil flattening areas and where they might reflex out into the adjacent areas of the body. On the next pages, reflex areas into the organ and tissue areas are indicated by the area of flattening.

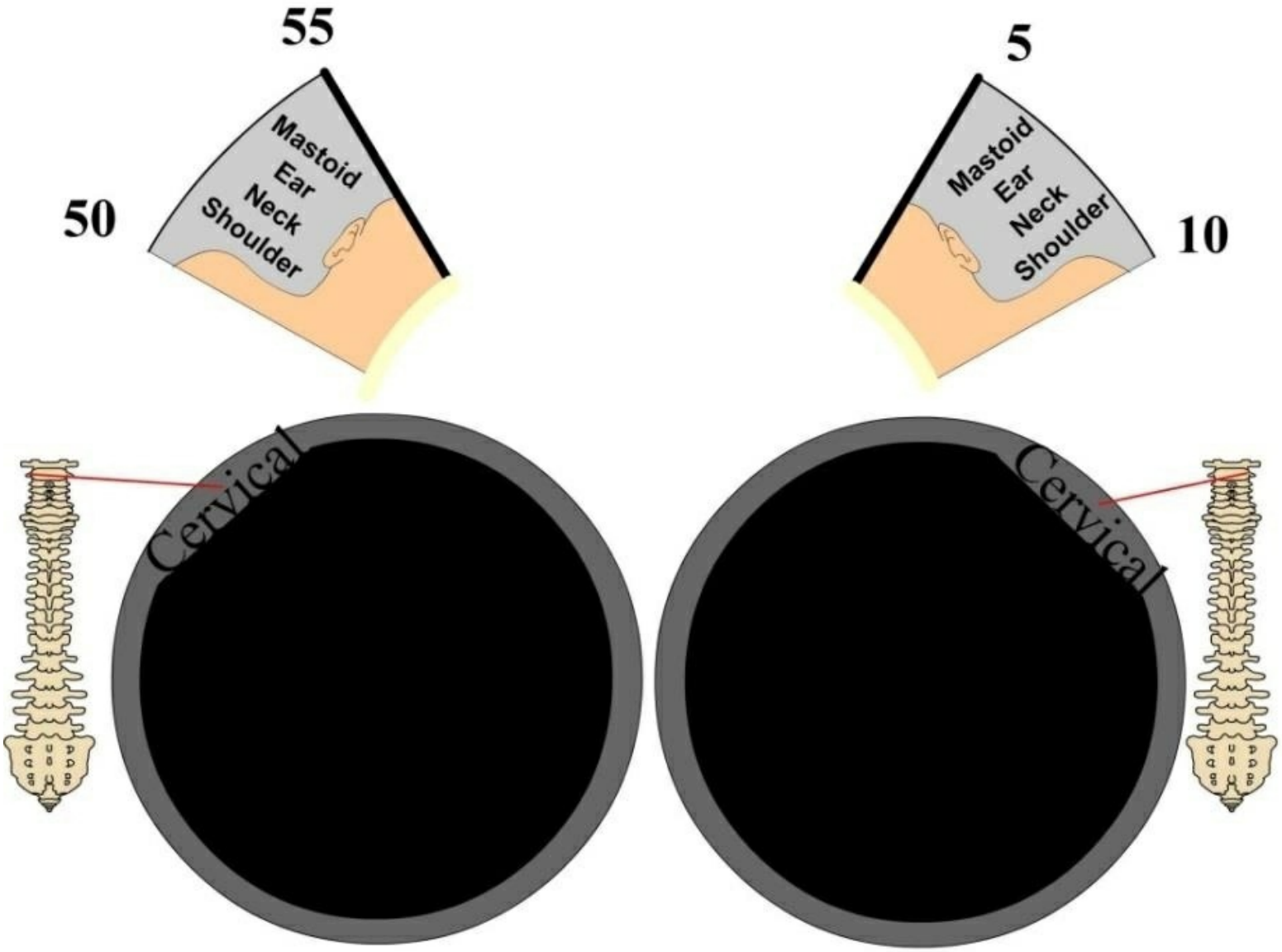
* The correct position of the pupil is a bit closer to the nasal area with a very slight upward tilt.



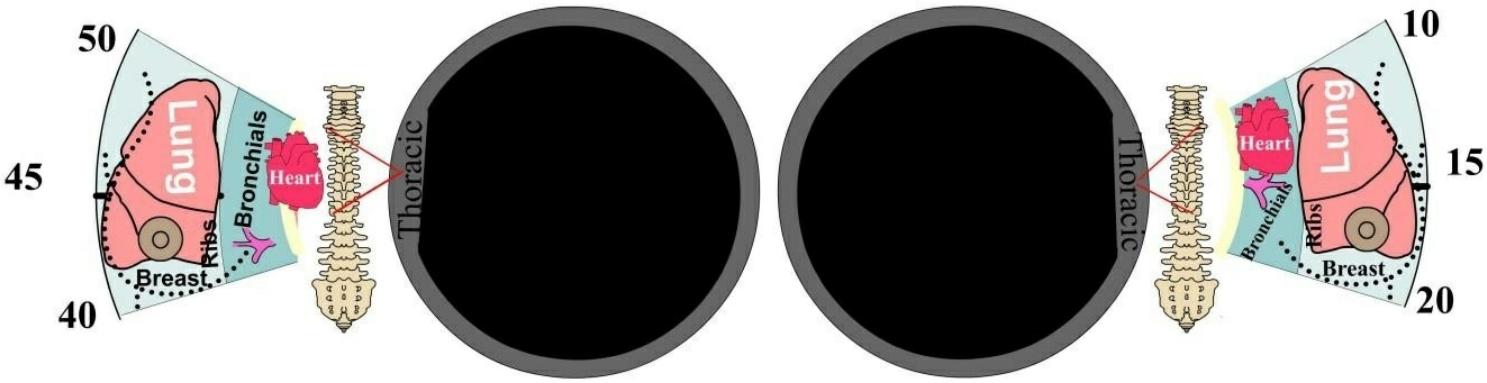
Flat areas at the top of the pupil point to the brain, pituitary, pineal, and transverse colon.



If the bottom or Inferior pupil is flat, consider legs, hips, and lower bowel issues.

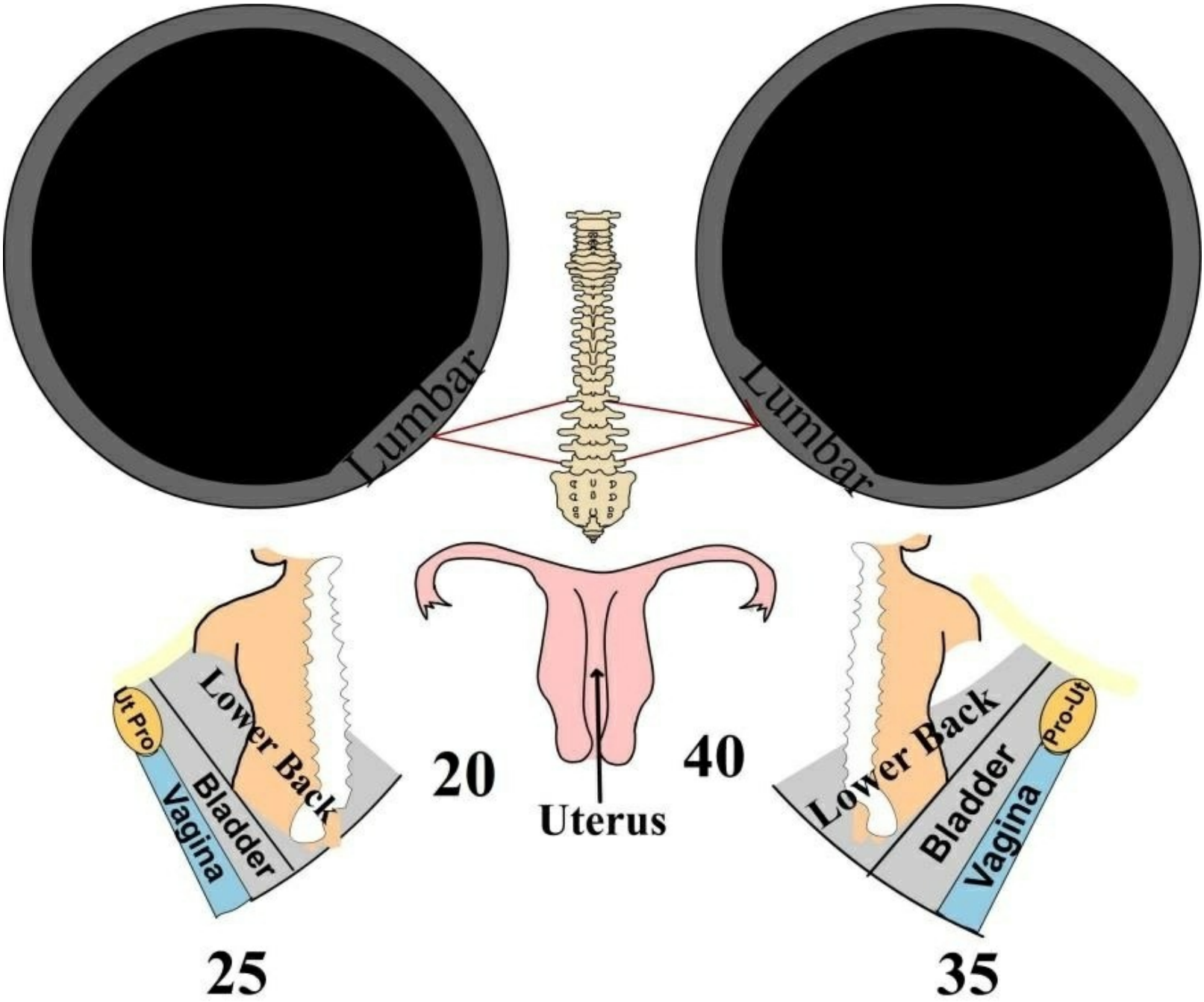


The temporal cervical area shows problems in the neck and shoulder areas.

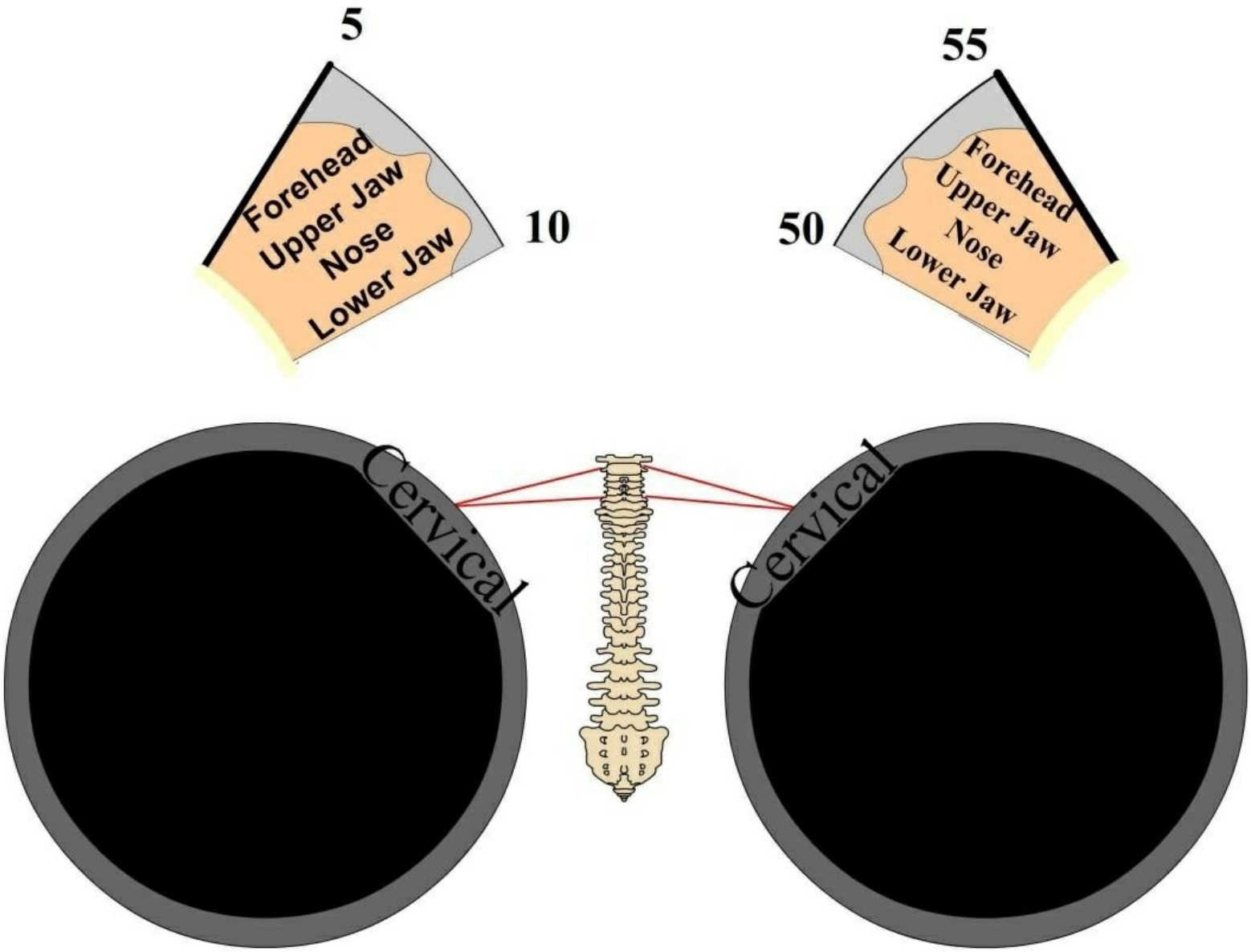


Temporal Thoracic flattening indicates lung, heart issues; there is also

the possibility of bronchial or breast impingement.
Lumbar temporal pupil flattening indicates issues in the reproductive area, especially the ovaries, testicles and pelvis as well as the lumbar spine.



The uterus, prostate and bladder, as well as the lower back, show up with medial lumbar pupil flattening.
When the pupil is flat at the nasal point, the thoracic spine is indicated, as well as the throat/thyroid areas.



Medial Cervical flat pupil areas indicate face issues, upper neck as well as issues such as bite problems or TMJ.

Pupil Ellipses

Vertical Ellipse **. Danger of hemorrhage or stroke**
Left Oblique: **Left side paralysis; Impotence. Leg strength issues**

Ventral Diverging: **Weakness lower Extremities, paralysis; muscle spasm** ***Unilateral:*** **Asthma; one-sided Bronchial Issues**

Frontal Diverging: **Crying, Anxiety; danger of stroke**
Horizontal: **Depression and glandular issues; check thyroid and**

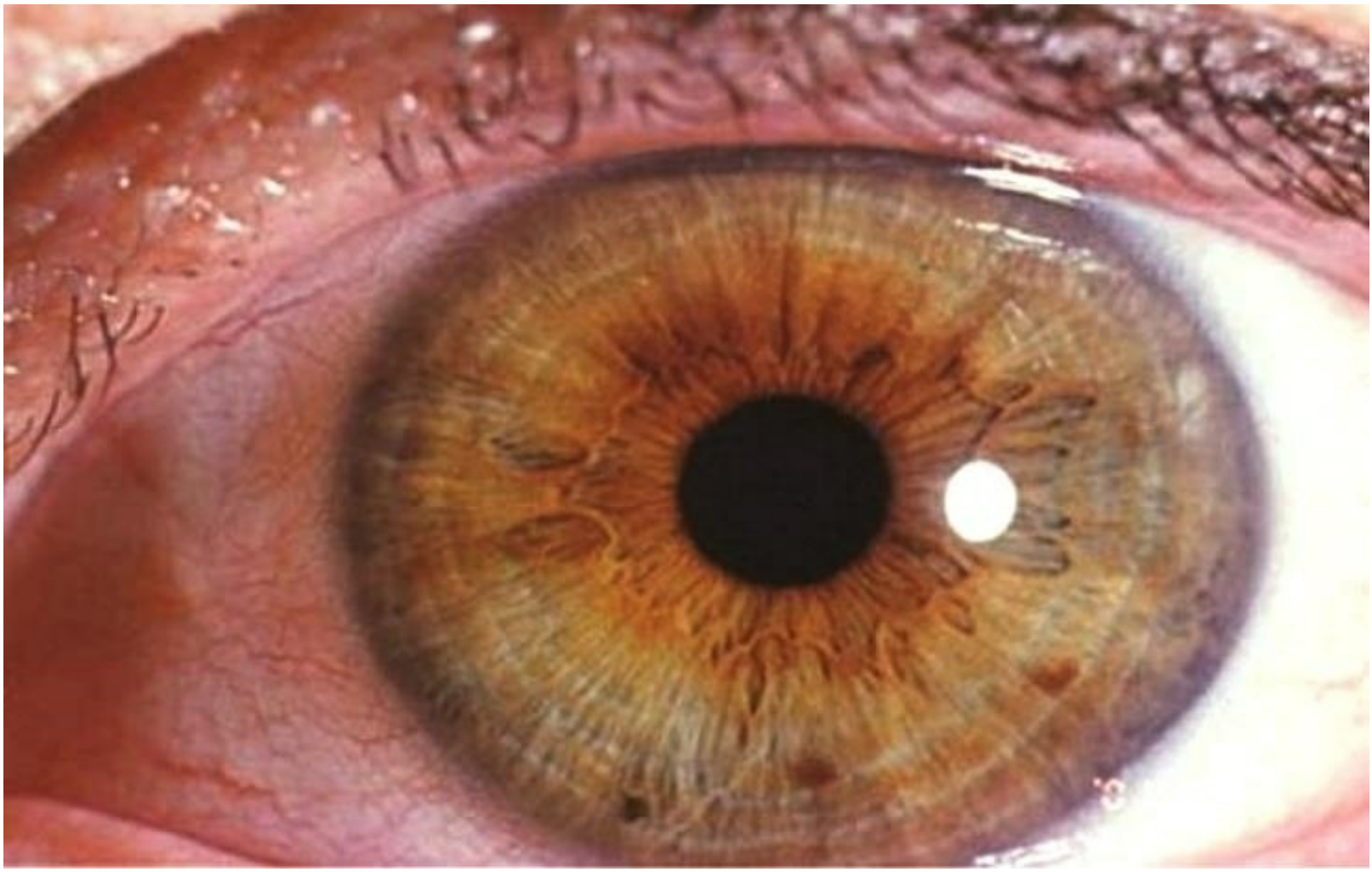
balance

***Right Oblique*: Right side paralysis; Urinary and Reproductive Issues**

Contraction Furrow Signs

Most of the time, we see these rings and label the iris as anxiety-gastric type or refer to them as “nerve rings.” However, at times the location and type can be an important clue to the cause of a symptom. These series of arcs around the iris might be in the abdominal area, indicating tension in the reproductive area (menstrual cramps) or restless leg, for example.

Concentric Furrows: Evenly spaced contraction furrows that go around the iris, mostly unbroken. People that have these might get easily distressed and suffer from anxiety and attention disorders.

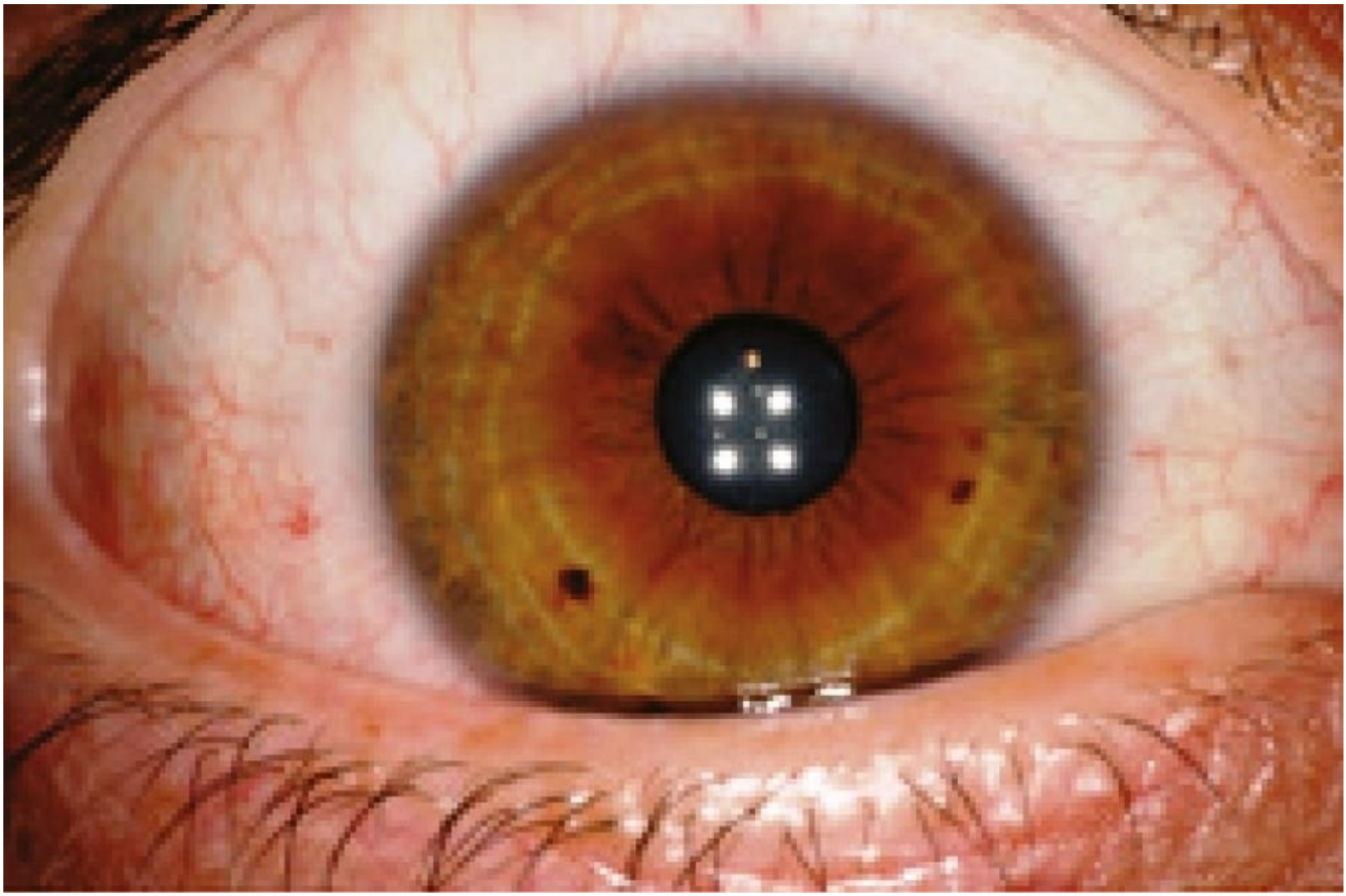


Concentric Furrows

Peripheral Furrows: All of the furrows are located on the outer rim or limbus. These might indicate a problem with cold hands and feet or issues with circulation to the extremities. Another area of concern is skin, as they might not sweat easily or eliminate toxins through the skin without assistance such as skin brushing, saunas, etc.

Peripheral Furrows

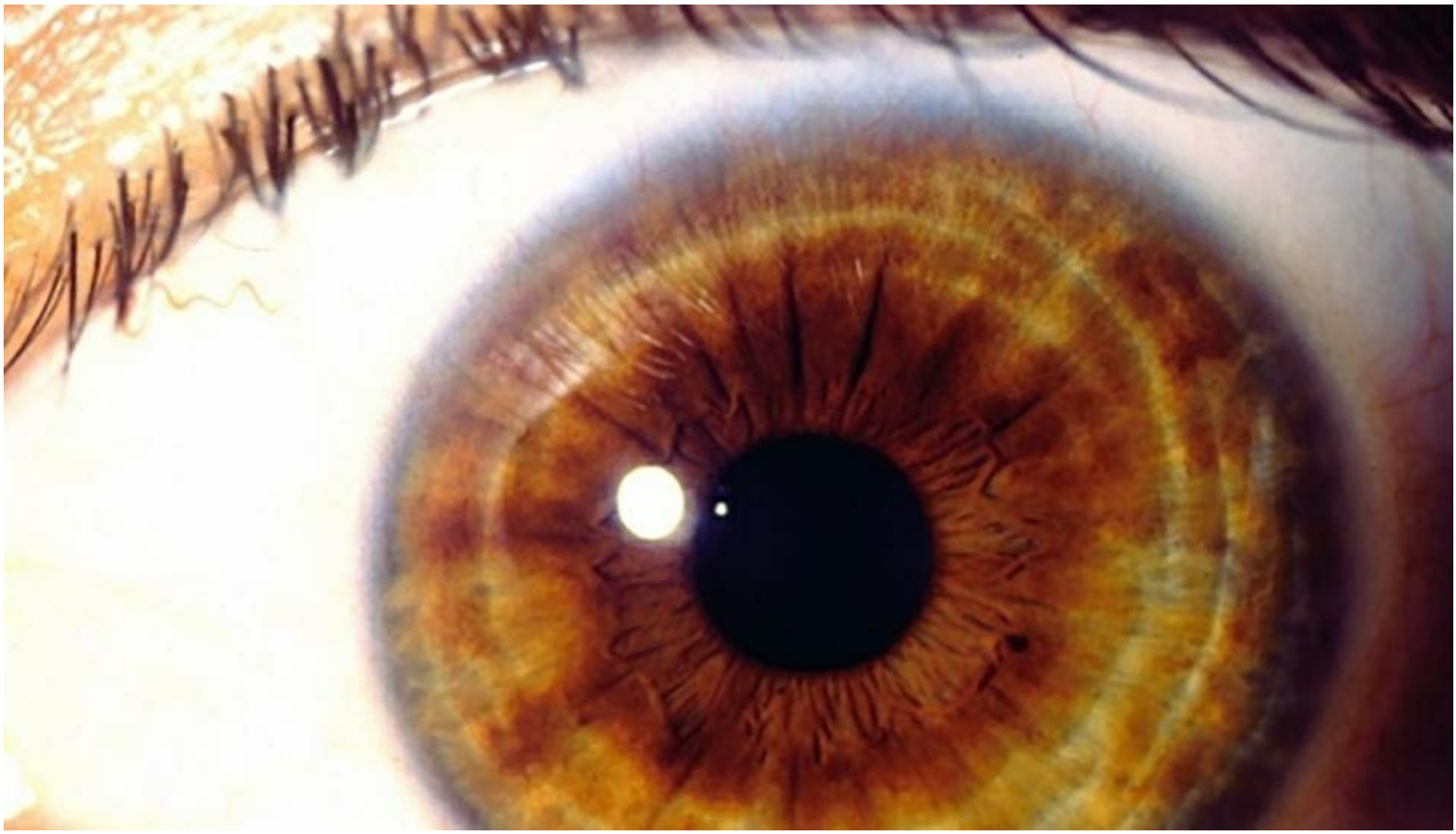
Humoral Furrows: Found in the Humoral Zone of the iris (just outside of the collarette where the blood and lymph are located). This type might have issues with the flow and cleansing of blood and lymph. The photo below has Humoral Zone furrows as well as intersecting furrows.



Humoral Furrows

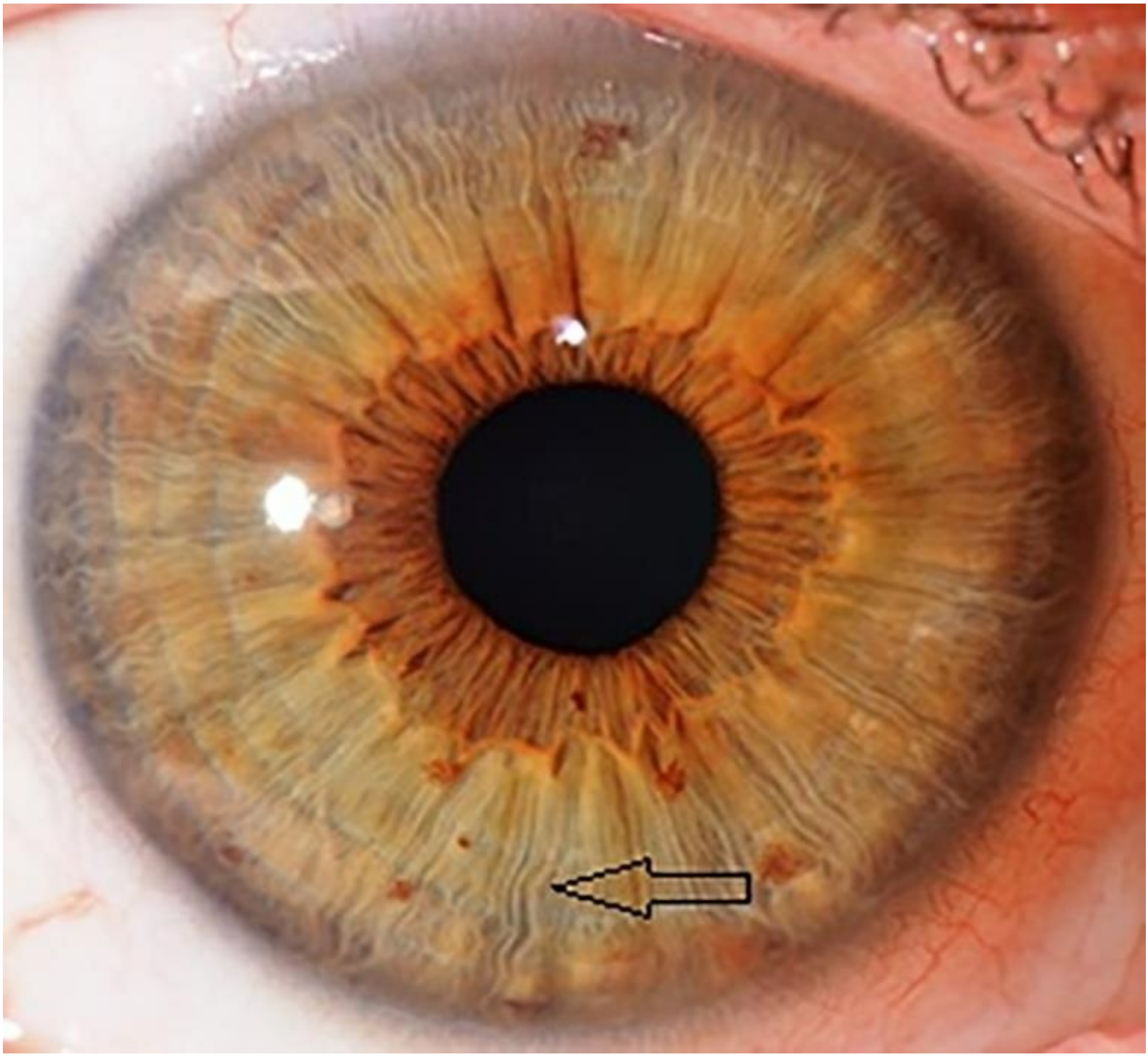
Intersecting furrows: When one furrow crosses over another, there could be headaches,

nerve problems, and cramping or spasms. If seen in the brain reaction field, ask about headaches and also psychological imbalances.



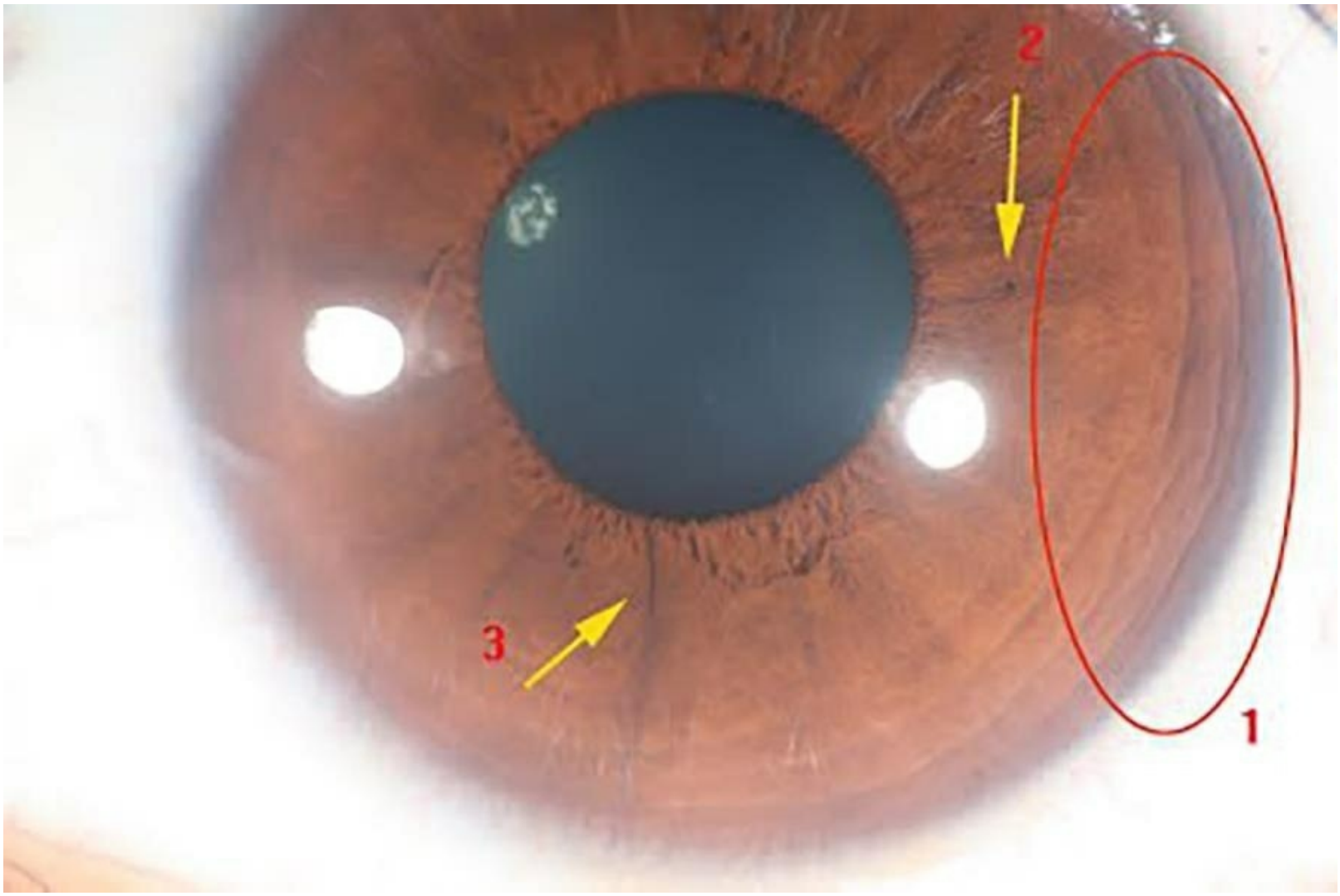
Intersecting furrows

Sectoral opening furrows: Furrows meet at a point, stop, and begin again. At this spot on the chart, one will find pain, spasms, or tension in the body, and of course, this could reflex out into the spine and adjacent organs. Here it would be in the leg area.



Sectoral Opening Furrows

Sloped furrows: Bowed or curved furrows; in this unusual case, there may be a family history of seizures or epilepsy; also seen in times of extreme stress. These appear very deep.



Sloped Furrows and Stair Step Furrows (with radial furrows): *photo Cason Tan*

Stair Step Furrows: The furrows stack upon one another and look like stair steps. Wherever they are found, look for cramping and spasms to occur; this young lady has miserable, debilitating cramps each cycle and poor circulation to the leg region. Consider vascular headaches and seizures if found in the head area.

Stair step furrows

CHAPTER TEN: SCLEROLOGY

Sclerology is the study of the white part of the eyes; it is a separate study from iridology and much more extensive than is presented here in this basic iridology book. The sclera is a very tough outer coating of the eye and maintains the eyeball's shape. Connected to the brain via the optic nerve, the sclera can reveal acute and chronic, inherent conditions. The wonderful part of sclera study is that changes can and do occur, making the client and practitioner feel that a program of hard work on diet and lifestyle has paid off. When stressors are taken off of an organ or gland, the corresponding areas of the sclera may lighten, shorten or lessen. Many of the changes have to do with circulation and congestion, and as pressure is lessened, the lines in the sclera begin to retract and fade.

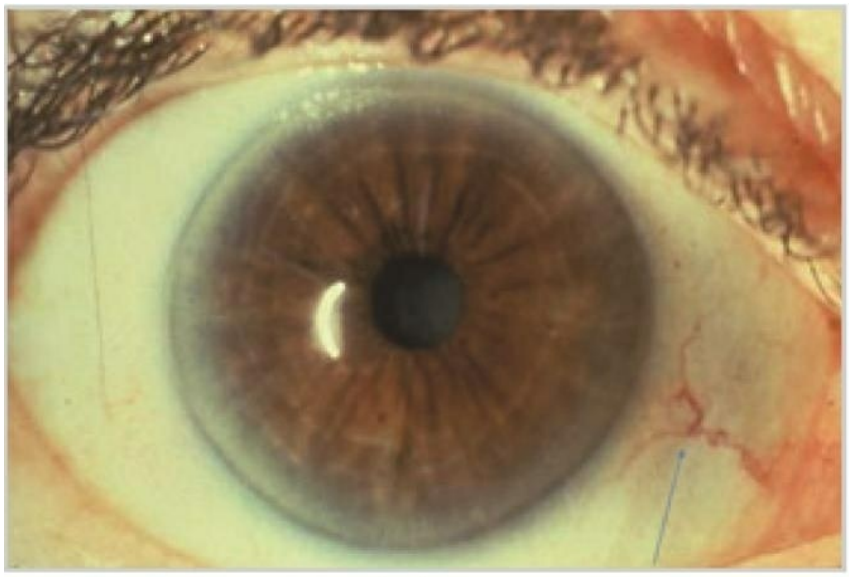
I consider it as important as iridology and a perfect adjunct study; in my book with Dr. Jack Tips, (***CAUSATIONS: Using Sclerology to Clarify Iridology)***, we consider its importance in detail, using real-life case studies to prove the points made. Generally speaking, the iris is the blueprint a person brings to life; very few changes occur after about seven years old. However, the sclera indicates more acquired issues, issues brought on by lifestyle and emotional health.

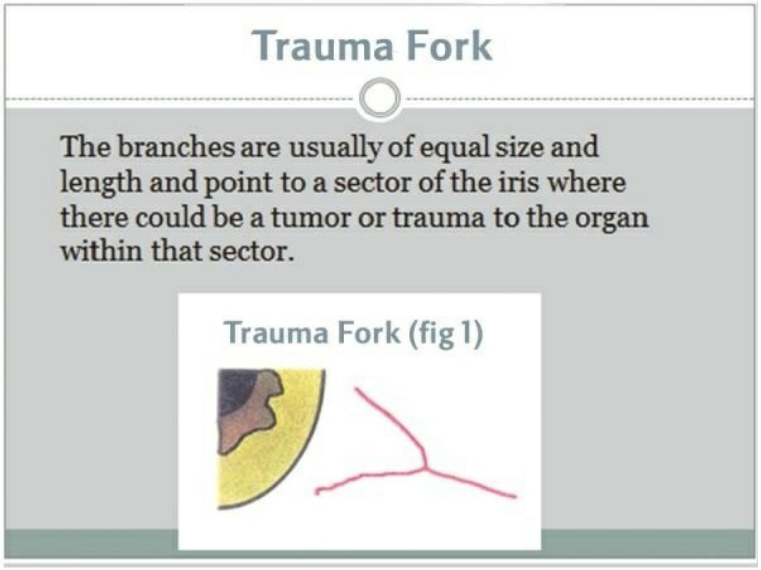
Below is a very brief look into some of the most basic sclera signs. Excellent sclera research is being done by Leonard and Nanita Mehlmauer (www.grandmedicine.com). Toni Miller, Jack Tips, and the Mehlmauer's are leading the research into the significance of sclera signs, but each of them have their own vocabulary. These individual studies are covered in a Sclerology 101 class.

Basic Conjunctiva Signs

Indicator- Simple Stress
Trauma Fork - Toxic Stress
Meandering Vessel - Congestion Tangential Vessel – Traveling Lines Spindle
Bordered Meander – Snake in the Hose Spirals

Trauma Fork: Usually a client will recall some traumatic incident that occurred relating to the area of the trauma fork. It indicates an injury or blow in the area where it occurs. Look to the area of the iris the "V" in the fork points to. If we see one in the head or spine areas, look for an accident affecting these areas. Also called the "Concussion Sign", we often see these in the head. Don't discount toxic stress as a causative factor.

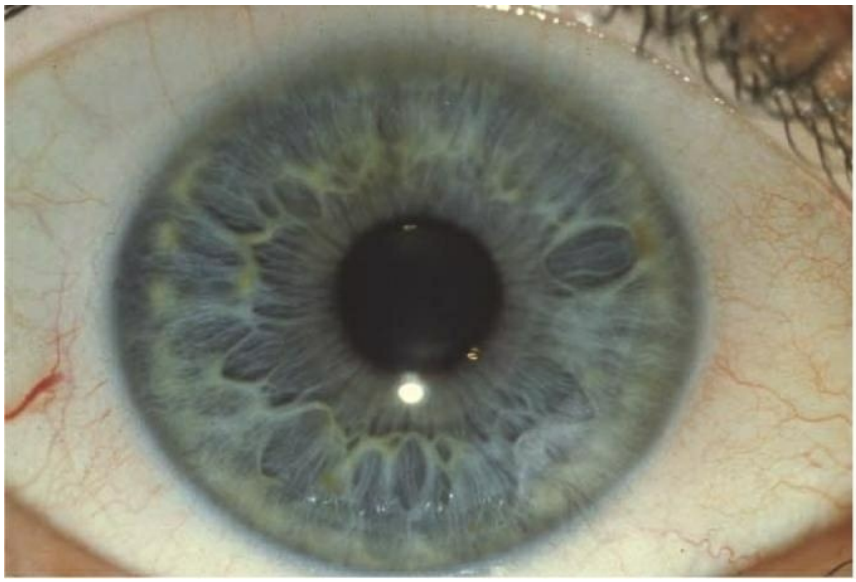


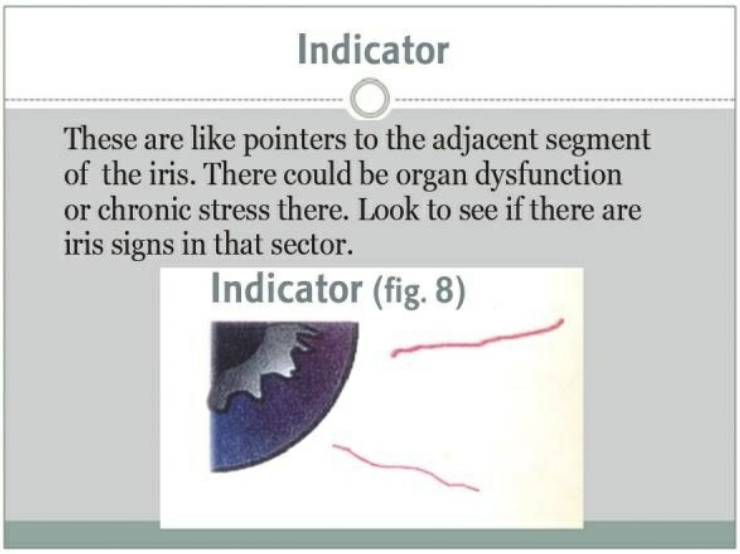

Trauma Fork
The branches are usually of equal size and length and point to a sector of the iris where there could be a tumor or trauma to the organ within that sector.
Trauma Fork (fig 1)

Indicator Vessels: Look for iris sectors in line with this mark, such as

the heart or lungs or kidneys. Sometimes, they can indicate a pathological change causing symptoms. There are three types of pointers.

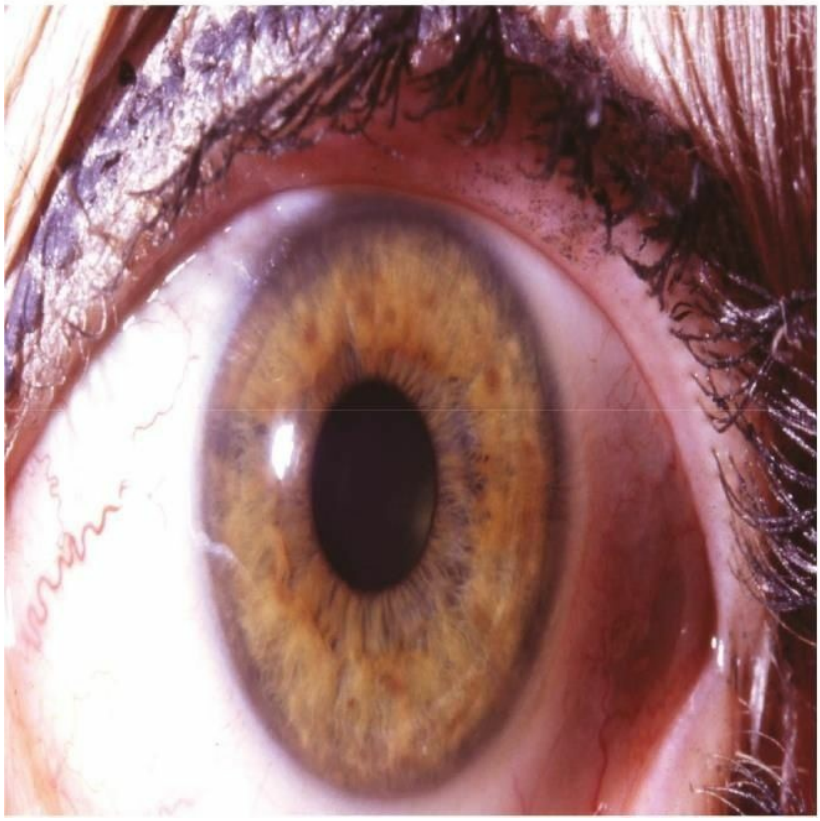
1. Short, pale signs specify simple stress such as congestion or an inherent tendency to weakness in the area.
2. Medium lines have increased possibility more than faint lines.
3. Heavy, long lines close to the iris show an area with significant congestion.

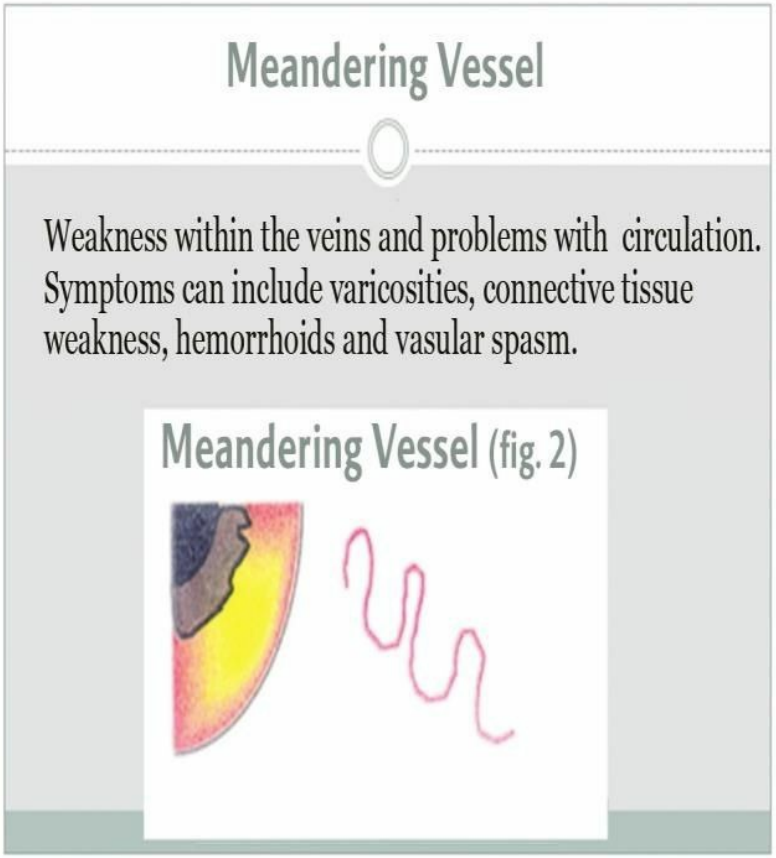



Indicator
These are like pointers to the adjacent segment of the iris. There could be organ dysfunction or chronic stress there. Look to see if there are iris signs in that sector.
Indicator (fig. 8)

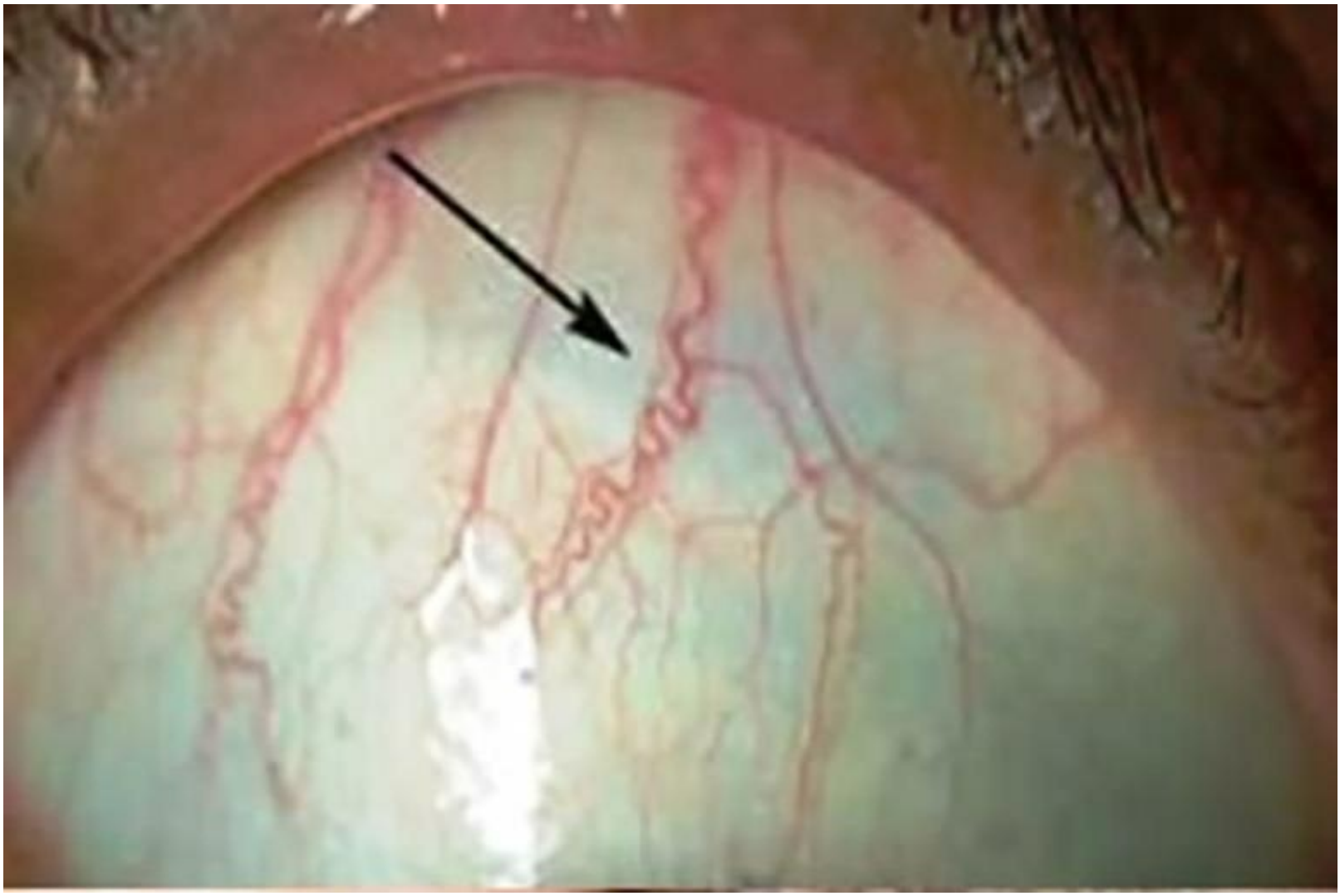
Meandering Vessel: Thick examples of meander vessels indicate congestive conditions

including varicose veins especially of the lower extremities including hemorrhoids and are often inherited. General connective tissue weakness is indicated. Pale meander vessels usually indicate the presence of spider veins. Advise persons with this sign to wear support hose and to keep a check on blood pressure as well.



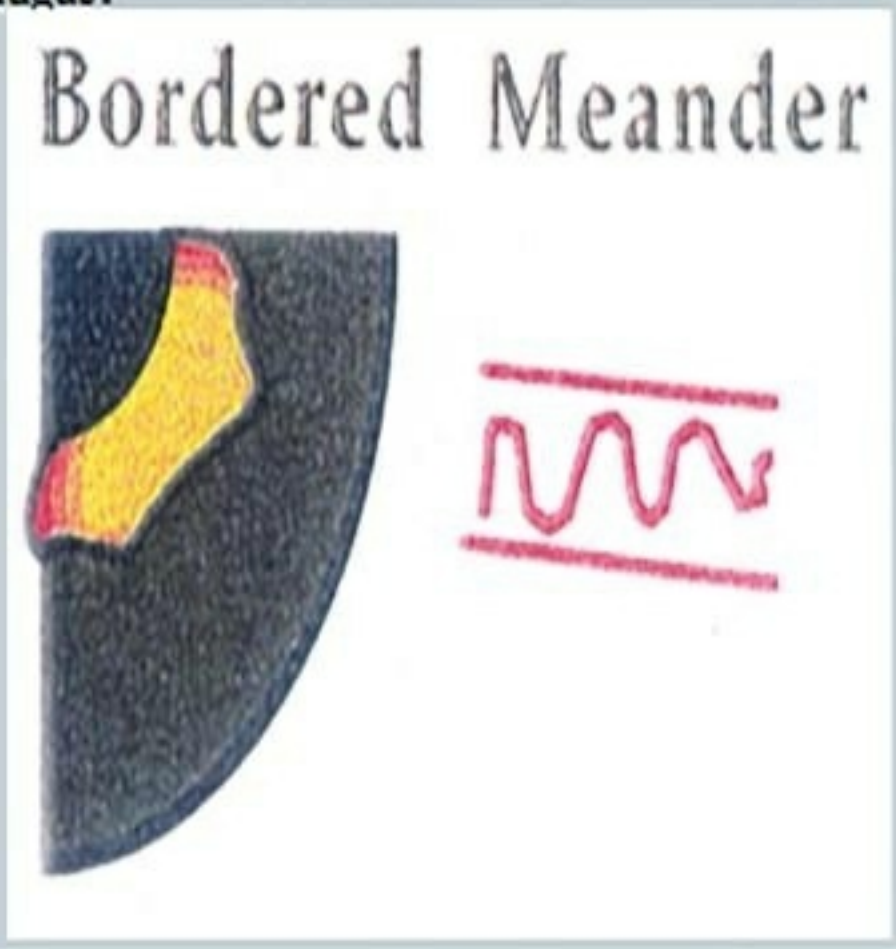

Meandering Vessel
Weakness within the veins and problems with circulation. Symptoms can include varicosities, connective tissue weakness, hemorrhoids and vasular spasm.
Meandering Vessel (fig. 2)

Bordered Meander: When you observe a meander vessel edged either side by straight vessels, (framed meander) in addition to vein issues, it adds the possibility of plaque deposits and hardening of the arteries. This increases the possibility of stroke. Like the meander vessel, this sign points to connective tissue weakness of the venous system. Heavy meander vessels suggest varicose veins especially of the legs and anus, especially internal hemorrhoids.



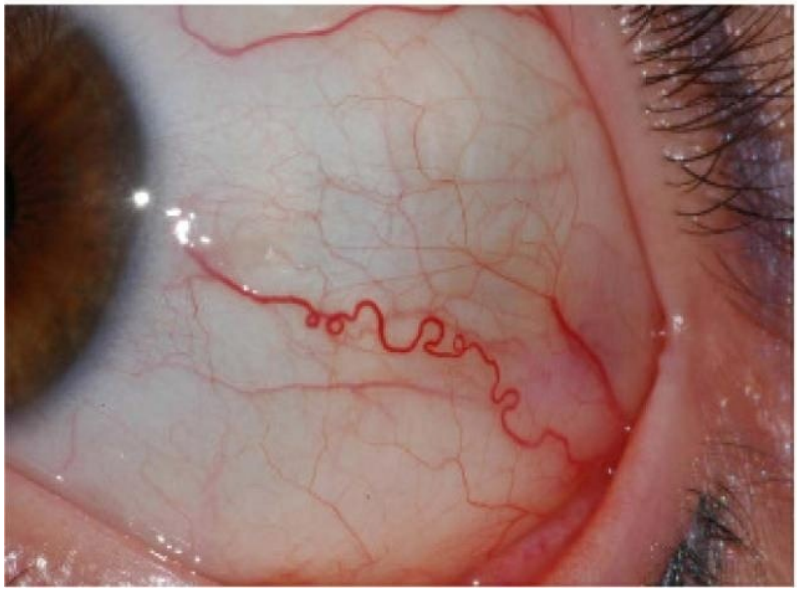
Bordered Meander

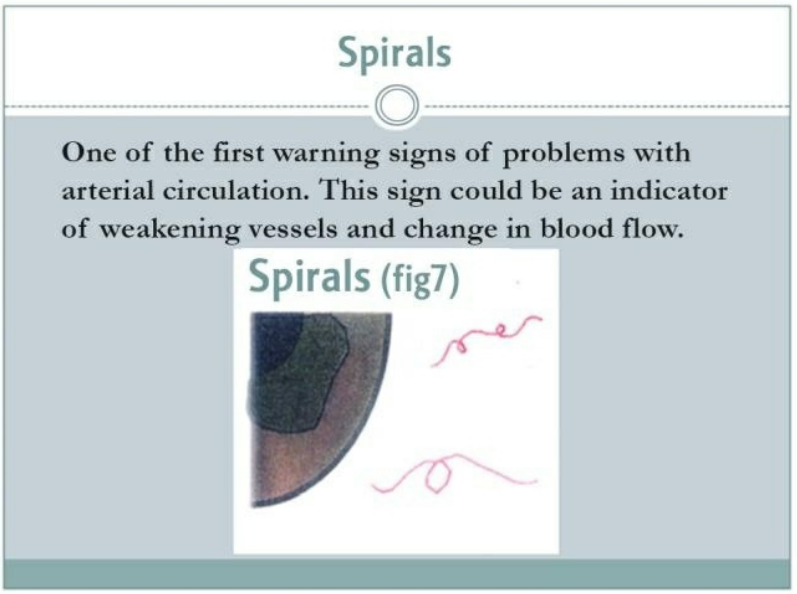
The person could have arteriosclerosis which causes thickening and loss of elasticity to the arterial walls. If there are also liver indicators consider a potential for enlarged twisted areas in the esophagus.



Spiral Vessel: This type of vessel has at least one loop, but usually two or more. Look for blood pressure issues, high or low. When it is a pale,

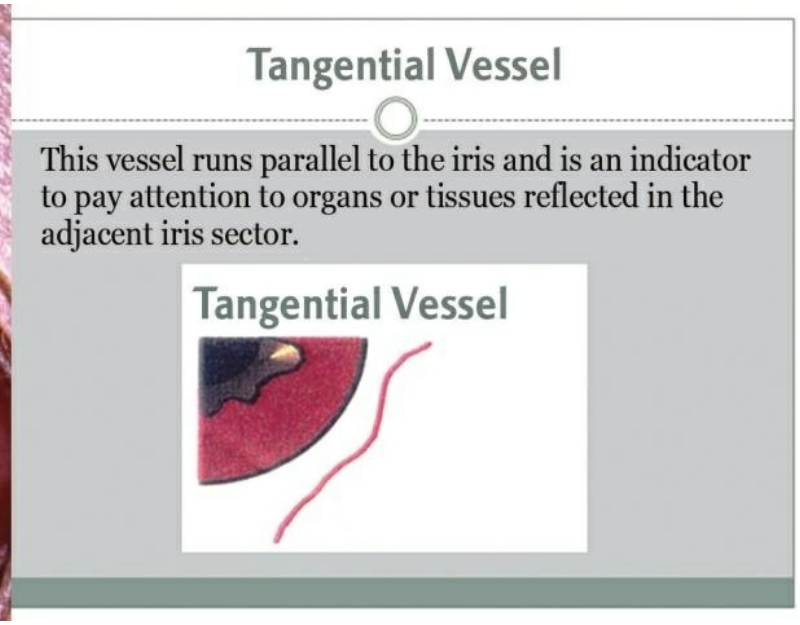
thin sign, it more often points to low blood pressure; when it is bold or dark, high blood pressure. It can be an early warning signal to problems with circulation.



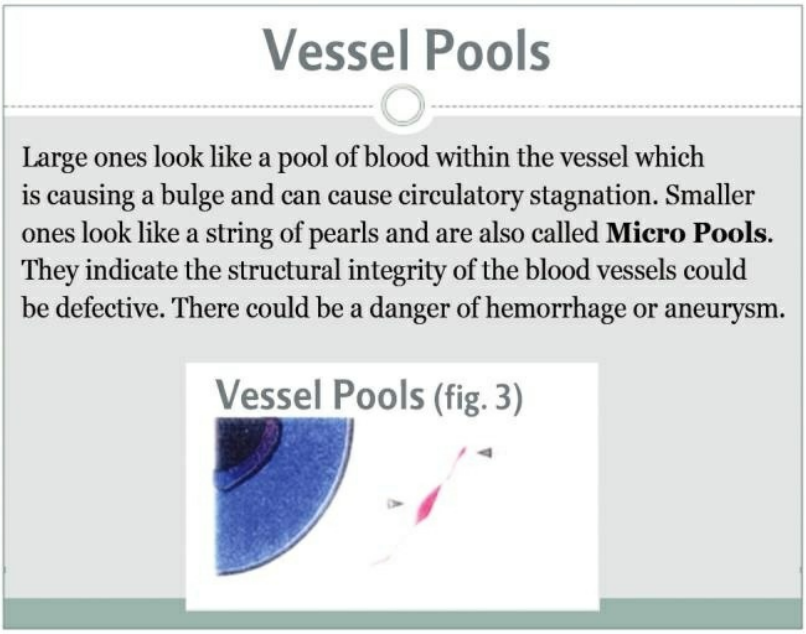

Spirals
One of the first warning signs of problems with arterial circulation. This sign could be an indicator of weakening vessels and change in blood flow.
Spirals (fig7)

Tangential Vessel: These run up and down, across quadrants usually. Look to the organs and glands they cross. If they go from top to bottom on the inside, it is said they are glandular; if on the outside, lymphatic.

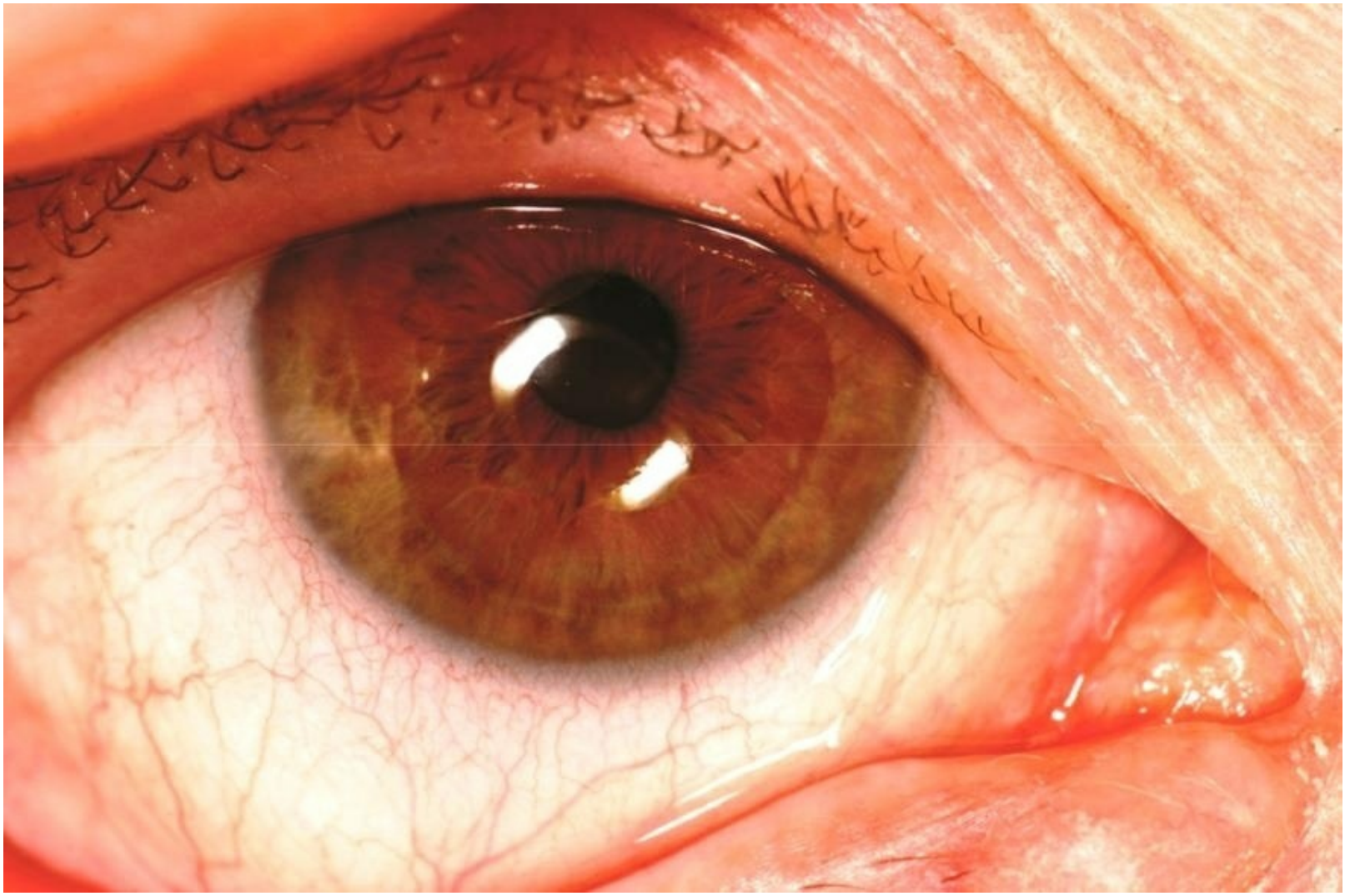
Toni Miller says, "When a tangential vessel is noted on the ciliary zone of the *iris itself*, it has the same connotation as the sclera tangential with additional lymphatic involvement for the adjacent iris area."


Tangential Vessel
This vessel runs parallel to the iris and is an indicator to pay attention to organs or tissues reflected in the adjacent iris sector.
Tangential Vessel

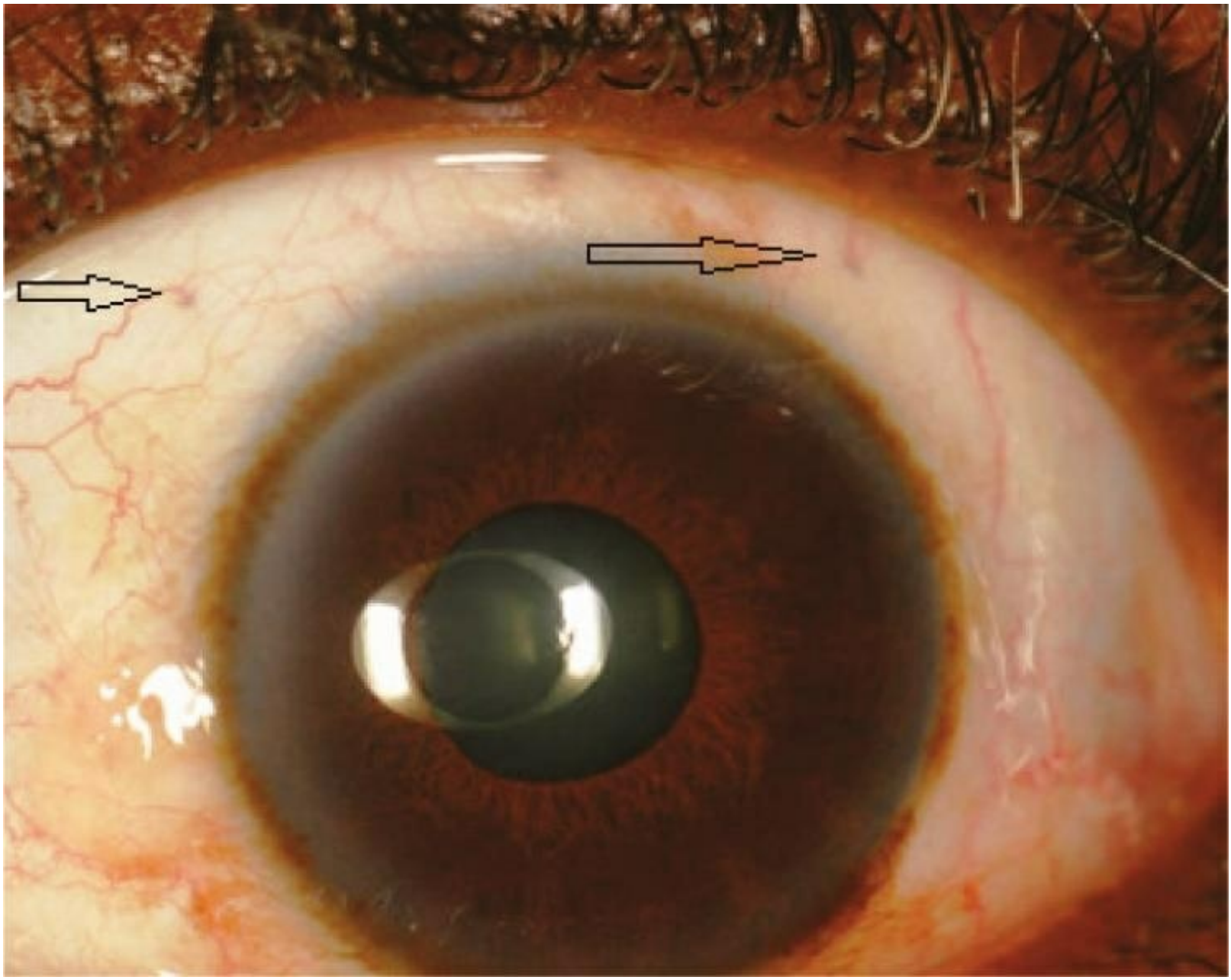
Vessel Pools: These can be like specks or thickenings, either one or several like a chain of pearls. These are sometimes related to bradycardia (slow pulse). Consider it a heartcardiovascular sign that the client may not yet recognize. Ask about family history with this sign.


Vessel Pools
Large ones look like a pool of blood within the vessel which is causing a bulge and can cause circulatory stagnation. Smaller ones look like a string of pearls and are also called **Micro Pools**. They indicate the structural integrity of the blood vessels could be defective. There could be a danger of hemorrhage or aneurysm.
Vessel Pools (fig. 3)

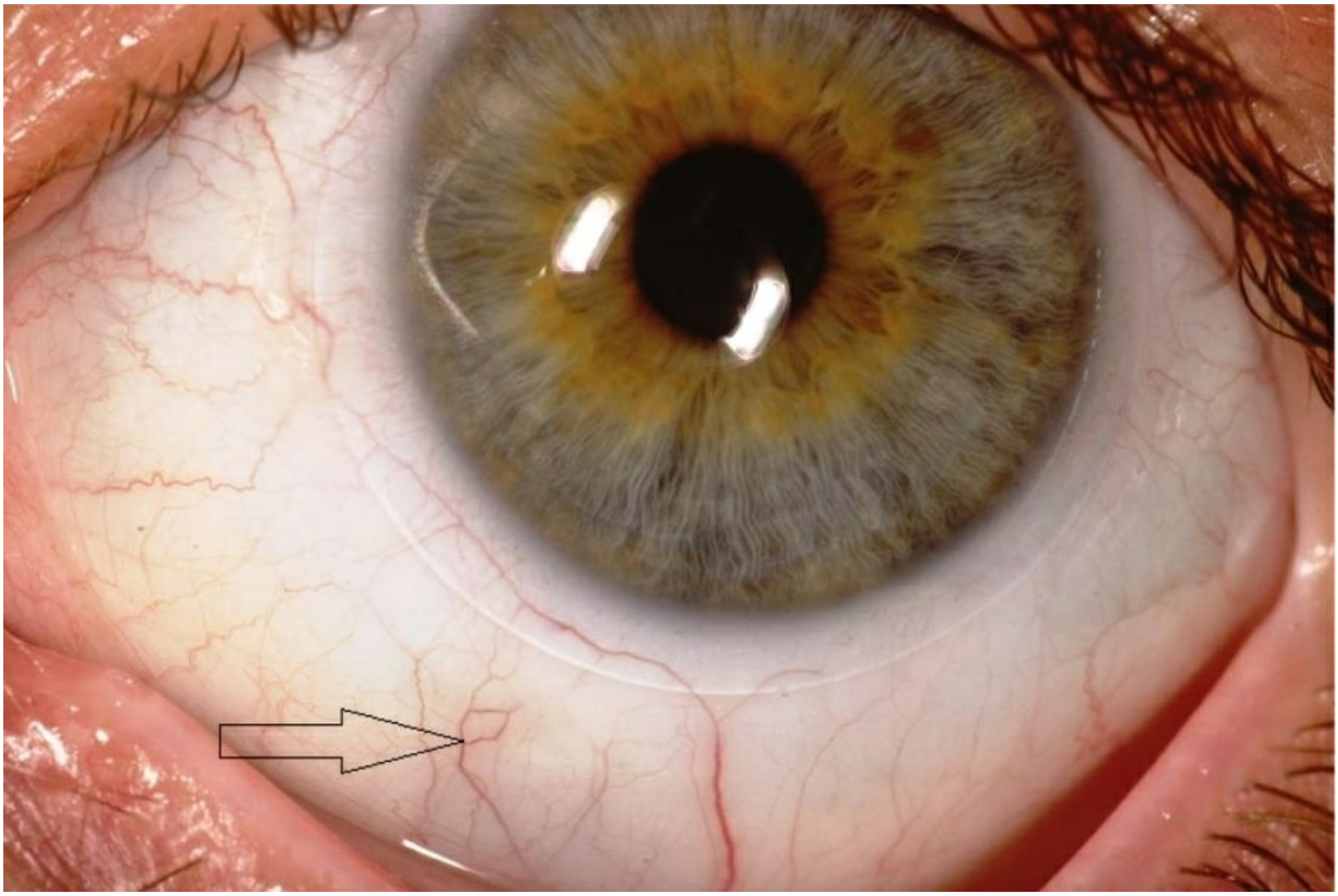
A few other, of hundreds of signs, sclera markings that we should be aware of as iridologists include the Allergy Net or "Crown of Thorns," Fermentation Signs, and Encapsulations.



Allergy Net on limbus (red fuzzy lines): Indication of increasing reaction and sensitivity to antigens that aggravate immune responses. Symptoms mostly involve the mucous membranes and the skin – sneezing, runny eyes and nose, but also digestive upsets, gas and constipation or diarrhea.



Fermentation Signs: This sign indicates sugar imbalances: it appears as an indicator line with a black or blue dot on the end and may look a bit frayed. When you see this, look for problems with yeast or fungus, but also consider blood sugar related to diet: are they eating a lot of refined carbs, too much sugar or baked goods? Sometimes a fruit eater will show this sign and may need to back off of sweet fruit for a while.



Encapsulations: (Capsule forming in Reproductive Area of Sclera) This sign appears, as

an indication that the body has a substance or an irritant it is unable to eliminate. It has "walled off" the area until such time as it can deal with it more effectively. It can represent enclosed material such as an in-grown hair, a cyst, calculi or a tumor (mostly benign), a pocket of infection or a localized parasite infestation. If outside the breast area of the iris, for example, it is a good idea to screen the patient for breast risk factors and practice lymphatic cleansing, especially with poke root and iris tinctures.

APPENDIX

Starting Your Iridology Business

At the beginning, there are so many things to consider that the task may seem daunting at first. I still remember my cousin begging me to visit her center to help people through iridology; I felt uncertain, unsure and incapable. She, however, convinced me to drive over for a weekend where I was faced with 25 iridology appointments in ONE weekend! I learned a lot in those two days, and while I am sure there were people who left without what they came for, many people were excited and inspired to see what their "eyes reveal" about them.

It was an eye-opening, educational experience for me, but I always remembered Dr. Bernard Jensen saying that when you had looked into 1000 eyes, you would understand iridology…well at that point I was over 900 short, but I was getting there. I offered my services at health fairs, invited friends and family to let me take a look, and gradually, I became more comfortable with asking my fees. Helping someone who has looked everywhere for the root cause of their condition and helping them solve it naturally is a wonderful experience for both the client and practitioner.

Below are some suggestions about starting out with clients:

Be polite and respectful to your client (not a patient, unless you are a doctor) Greet them and ask them to fill out an informed consent form or a disclaimer for your protection.
Show the client an iridology chart and give a basic explanation of the positions and zones of the iris; tell them a little about the sclera and the pupil and their role in the overall picture of health.
Explain what you can and cannot see with iridology: remember, we can't see parasites, cancer, diabetes, nor can we name a disease.
Tell them how much of what shows up in the iris is genetic; they may or

may not experience symptoms, and may be unaware that this pattern exists in their body. However, if you observe a rarefication in the lung area and ask about lungs, a client may explain that their mother and father smoked or that they had asthma when they were young.
Don't be afraid to ask questions! Engage in a healthy dialogue with your client – don't make it a "test" of your abilities.
Pick two or three primary areas to discuss such as lymphatic and digestion or kidneys and circulation, but do not mention to them everything you see. You might suggest that you want to focus on their primary issues first. Remember that sometimes getting the digestion moving or eliminating a yeast or fungal infection may make a multitude of other symptoms diminish; thus you have treated the cause and not the symptom!

Suggestions for Engaging Clients:

Let them participate; for example, show them an iris chart and a sclera chart at the beginning of your session so they have a clear idea of what you are going to be doing. Give them a 10X mirror and ask them to tell you what they see in their own eyes – most have never looked so closely at the structure of their iris. Often times they will point out something relating to their major problem:

o "What is that big black dot in the bottom? I've always wondered about that." o "Why is it darker in the center than out at the edges?"
o "There is a lot of yellow at the top of my iris and a bright red line almost touching

it."
At the end of your session, tell them that there is a lot more to look at, but you'll save it for a later date. That being said, "Is there anything really bothering you that we haven't talked about today? I'll take a look at that area."

Client Protocol and the order of a reading:

Before the Reading Begins:

1. Explain that you can't diagnose.
2. Tell them what you are analyzing.
3. Ask for permission to look into their eyes with a light or a camera – demonstrate.
4. Tell them that the beauty of natural health is that all situations can be improved; make it a positive experience without fear.
5. Ask the client if he or she feels more like their mother's side of the family or their father's side. Then inquire about the health of the parents and grandparents. This may offer clues to speed your investigation… knowing pertinent information beforehand is not cheating. Iridology is not a game!

After the Analysis:

1. Emphasize the good things about their eyes – strong structure, powerful constitution, good ability to eliminate toxins, good digestive ability, strong connective tissue, openness, etc.

2. Share your findings about their genetic weaknesses and ask about family history.
3. Remind them that we are not bound to our DNA; refer them to *The Biology of Belief* by Bruce Lipton where he says, "….the character of our lives is determined not by our genes but by our responses to the environment."
4. Send them home with no more than 5 suggestions to improve their health. If you are uncomfortable completing the analysis at first, then ask them to come back in a week when you have studied their analysis and their health situation. Or set up a phone consult for 15 minutes a few days later. This lets you off of the hook and gives you study time until you become comfortable with your spontaneous reactions.

The chart below is one I used when I was just starting in iridology; I circled the 3 main systems I saw in the iris, ranked them from 1-3, and suggested they eat the foods in the chart. I also circled one or two herbs or practices in each category as well. This helped me to stay focused on the big picture and not to hone in on every little problem I spotted.

BODY SYSTEMS APPROACH TO IRIDOLOGY

CIRCULATORY SYSTEM
IRIS SIGNS: VENUS INSUFFICIENCY CORNEAL ARCUS/ BRAIN HEART/LUNGS LIPEMIC DIATHASUS SCURF RIM/SKIN B-3 BULDGE
FUNCTION: TRANSPORTS FOOD, OXYGEN AND WATER TO BODY SYSTEMS
STRUCTURE: BLOOD VESSELS, HEART, LYMPHATIC SYSTEM
FOODS: CHLOROPHYLL (GREEN FOODS), ALFALFA SPROUTS, GREENS, BLACKBERRIES, CHERRIES, ONIONS, RICE BRAN, KELP, DULCE
HERBS: HAWTHORN BERRY, CAYENNE, CACTUS, GINKGO, BUGLEWEED, STONE ROOT
PRACTICES: WALKING, BICYCLING, TONGUE SCRAPING, SLANT BOARD, FRESH AIR, SKIN BRUSHING
DIGESTIVE SYSTEM

IRIS SIGNS: LIVER PANCREAS
GALL BLADDER BROWN & ORANGE PIGMENT SMALL INTESTINES UNDER/OVER ACID STOMACH

FUNCTION: BREAKS DOWN FOOD FOR FUEL AND MAKES IT AVAILABLE
STRUCTURE: STOMACH, INTESTINES, ETC.
FOODS: POTATO SKINS, DANDELION, BLUEBERRIES, PRUNES, STRAWBERRIES, GRAPEFRUIT, SQUASH, CARROTS, FIGS,

ALMONDS, CELERY
HERBS: WILD CHERRY, IRIS ROOT, DANDELION, MILK THISTLE, CASCARA SAGRADA, GINGER, FRINGE TREE, DIGESTIVE ENZYMES
PRACTICES: EXERCISE, TONGUE SCRAPING, DRINKING LIQUIDS APART FROM MEALS, EAT FRUITS ALONE

ELIMINATIVE SYSTEM

IRIS SIGNS: BOWEL CRYPTS SKIN CENTRAL HETEROCHROMIA RADIAL FURROWS LUNGS KIDNEYS
JAGGED COLLARETTE GREY INNER IRIS BORDER

FUNCTION: ABSORBS WASTE PRODUCTS FROM THE BODY TO BE EXCRETED WITH FIBER
STRUCTURE: COLON (LARGE INTESTINE) AND RECTUM
FOODS: SQUASH, SPROUTS, CELERY, FIGS, ACIDOLPHILUS, GREENS, CARROTS, GRAPEFRUITS, LEMON WATER
HERBS: CASCARA SAGRADA, DANDELION, ELDER BERRIES, BLACK WALNUT, ALOE VERA, CAYENNE, SLIPPERY ELM, CLOVES, WORMWOOD
PRACTICES: BALL ROLLING ON ABDOMEN, SLANT BOARD, WALKING, SKIN BRUSHING, INVERTED YOGA POSTURES, LARGE AMOUNTS OF WATER

NERVOUS SYSTEM

IRIS SIGNS: LIPEMIC DIATHESIS

FURROWS
JAGGED COLLARETTE IRRITABLE BOWEL VAGUE COLLARETTE (ANW)

FUNCTION: PROVIDES VITAL COMMUNICATION LINK BETWEEN OUR INTERNAL AND EXTERNAL WORLDS
STRUCTURE: BRAIN, SPINAL CORD (CENTRAL NERVOUS SYSTEM) AND NERVES (PEREPHERAL NERVOUS SYSTEM)

FOODS: ENLARGED PUPIL CONTRACTION INTERMITTENT COLLARETTE MIDRAISIS EXTRA SMALL PUPIL MIOSIS

GREENS, BEANS, RAW CHEESE, RAW GOAT'S MILK, CITRUS FRUITS, OATS, ALMONDS, WALNUTS, CAULIFLOWER, CABBAGE
HERBS: PASSION FLOWER, SKULLCAP, OATS, VALERIAN, HOPS, CHAMOMILE, EVENING PRIMROSE, KAVA KAVA, CALIFORNIA POPPY
PRACTICES: PRAYER, MEDITATION, EXERCISE, CALMING MUSIC, RELAXING BATHS

GLANDULAR SYSTEM

IRIS SIGNS: PITUITARY THYMUS PROSTATE PARATHYROID PINEAL ADRENAL UTERUS TESTES THYROID OVARIES MAMMARY PANCREAS
FUNCTION: REGULATES BASIC DRIVES AND EMOTIONS, PROMOTES GROWTH AND SEXUAL IDENTITY, CONTROLS BODY TEMPERATURE, HELPS GENERATE ENERGY
FOODS: SEA VEGETABLES, GREENS, SEEDS, NUTS, CARROTS, CHERRIES
HERBS: DULSE, KELP, BLADDER WRACK, NETTLES, SAW PALMETTO, GINSENG, CHASTE BERRY, LICORICE, GINGER, ELEUTHERO (SIBERIAN GINSENG)
PRACTICES: VEGETARIANISM, EXERCISE, PROPER RELAXATION

IMMUNE SYSTEM

IRIS SIGNS: TOPHI (LYMPHATIC ROSARY) APPENDIX SPLEEN THYMUS LYMPH TONSILS
FUNCTION: RECOGNIZES BACTERIA, VIRUSES AND OTHER FOREIGN BODIES AND SIGNALS BRAIN TO ACTIVATE IMMUNE PROCESSES
STRUCTURE: LYMPH NODES, BLOOD PROTEINS, SPECIALIZED WHITE BLOOD CELLS AND ORGANS THAT PRODUCE THESE CELLS, BLOOD VESSELS
FOODS: GREEN FOODS, CABBAGE, BROCCOLI, CHARD, SEA VEGETABLES, APRICOTS, ALMONDS

HERBS: OLIVE LEAF, YELLOW DOCK, BEARS FOOT, POKE ROOT, IRIS ROOT, ECHINACEA, GOLDENSEAL, MULLEIN, OREGON GRAPE
PRACTICES: EXERCISE, FRESH AIR, EARTHING, SKIN BRUSHING AND OILING, TONGUE SCRAPING, MASSAGE, SWEATS

RESPIRATORY SYSTEM

IRIS SIGNS: NOSE BRONCHI LYMPH SINUSES THROAT LUNGS TRACHEA
FUNCTION: SUPPLIES OXYGEN, ALLOWING US TO PRODUCE ENERGY STUCTURE: LUNGS, NOSE THROAT, THRACHEA, BRONCHI
FOODS: GREEN FOODS, BEETS, GARLIC, ONIONS, PARSLEY, POTATO PEELINGS, ASPARAGUS, BERRIES, CHERRIES, CITRUS FRUITS
HERBS: WILD CHERRY, HOREHOUND, BONESET, BUGLEWEED, YELLOW DOCK, ELDERFLOWER, LOBELIA, ECHINACEA, EYE BRIGHT, ROSEMARY
PRACTICES: EXERCISE, YOGA BREATHING, WALKING, FRESH AIR, WATER

URINARY SYSTEM

IRIS SIGNS: KIDNEY, URINARY, BLADDER, URIC ACID SUBTYPE, LYMPHATIC
FUNCTION: PASSES WATER WITHIN BODY THROUGH A FILTRATION PROCESS IN ORDER TO MAINTAIN A CLEAN SUPPLY OF BODILY FLUIDS
FOODS: PARSLEY, OKRA, CELERY, CARROTS, BEETS, STRAWBERRIES, WATERMELON, APPLES, APRICOTS, OATMEAL
HERBS: UVA URSI, CORNSILK, HORSETAIL GRASS, JUNIPER, SQUAW VINE, GRAVEL ROOT, PARSLEY
PRACTICES: EXERCISE, DRINK PLENTY OF CLEAN, FRESH WATER

STRUCTURAL SYSTEM

IRIS SIGNS: BODY ACIDITY LEGS/KNEES/FEET JAW SPINE SCURF

RIM ARMS HANDS RIBS NECK

FUNCTION: HELPS BODY WITHSTAND STRESS AND STRAIN. HOUSES ALL SYSTEMS
STRUCTURE: BONES, MUSCLES, CONNECTIVE TISSUE, SKIN, HAIR, NAILS
FOODS: SESAME SEEDS, CELERY, OKRA, GREENS, SPINACH, FRESH COW'S MILK AND CHEESE, GOAT CHEESES, KALE
HERBS: COMFREY, HORSETAIL GRASS, OAT STRAW, POKE ROOT, ALFALFA, BARLEY, CALCIUM
PRACTICES: ALKALINE DIET, WEIGHT BEARING EXERCISE, FRESH WATER

Chakras (Sanskrit for Wheel): Our Seven Energy Centers

Sahasrara

7th chakra Lesson: "Release the past."Purple; White Light; "SILENCE"; Center of consciousness, nervous, muscular, skeletal and skin. Understanding: Peace; deep wisdom. Connection to the higher self and spirituality; values, ethics and trust. Meditation, illumination. I AM CONSIOUS, BEAUTIFUL, PURE AND DIVINE.

Ajna

6th chakra Lesson: "Learning from mistakes."Indigo; Inner Light; "OM" Cognition, brain, nervous system, eyes, ears, pineal, pituitary, nose. Intuition: intelligence, discrimination, openness, psychology, soul's purpose. Third eye. I SEE GOD. I SEE CLEARLY.

Visuddha

5th chakra Lesson: "Give personal will to the divine."Blue; Ether; "HAM"; Throat, thyroid, neck, mouth, teeth and gums, swollen glands. Communication: Personal choice and will; following one's bliss, creativity, listening, manifesting. Singing, dreams. I AM FREE AND WELL; MY WILL AND DIVINE WILL ARE ONE.

Anahata

4th chakra Lesson: "Love and Divinity."Green; Air: "YAM" Heart, blood, circulation, lungs, chest, respiration, thymus, arms and hands, breast, lymph, muscle Love: Relating to others, breathing, compassion, peace, forgiveness, broken heart, jealousy. I LOVE ALL OF LIFE AND TRUST IN DIVINE LOVE.

The upper chakras relate to the higher self

Manipura

3rd chakra Lesson: "Honor yourself."Yellow; Fire; "RAM; Digestion, abdomen, upper intestines, stomach, liver, gallbladder, pancreas, mid-spine, kidney, spleen. Energy: External life and external power; manifestation, livelihood, strength. Fear of abandonment, ethics, "walking on eggshells." I AM A CO-CREATOR WITH GOD; I THINK CLEARLY.

Swadhistana

2nd chakra Lesson: "Honor others."Orange, Water; "VAM" Reproduction, lower intestines, bladder, appendix, hips Emotion: Sex, competition, money and finances, vows, creativity, self worth, humor. I CAN FEEL EMOTIONALLY; I KNOW WHAT I NEED.

Muladhara

1st chakra Lesson: "We are all one."Red; Earth: "LAM"Low back, varicose veins, adrenal glands, immune disorders, excretion, legs and feet Survival: Tribal database, safety and security, money, courage, strength; fear and security. I FEEL PHYSICALLY; I AM BECOMING.

GLOSSARY

Anterior border layer – iris color layer. In a blue eye it is thin (little pigment); in brown eyes, it is thick and pigmented.

Anterior endothelium – single layer of microscopic flattened cells. It is a continuation of the posterior surface of the cornea

Anxiety-Tetanic Structure – circles and arcs spread throughout the eye; contraction furrows. They also have furrows radiating outward (radial furrows). These rings and grooves are from stresses and anxiety patterns from many generations.

Asparagus Lacuna – usually in the lower ½ and means predisposition to chronic degenerative condition with a tendency toward malignancy. Topostabile (it is where it is.)

Biliary or mixed constitution - gastro-intestinal area; radial furrows may be present – also referred to as THE TRANSITORY EYE.

Cardiac Risk Sign (Lacuna) – transversal that runs from spleen to heart (it must point towards the heart). Person is more prone to sudden heart problems. (Topolabile – it doesn't encroach on the heart zone.)

Central Heterochromia – pigmentation concentrated at the collarette in large amounts. Underactivity of gastric secretions – liver, gall bladder and pancreas disturbances.

Choroid – long, thin, pigmented tissues (mainly blood vessels) that feed the outer retina

Cigar lacuna – could indicate a tumor or growth in digestive area – it may be in the pancreas or encroaching on the collarette.

Ciliary Body – the portion of the Choroid extending into the iris. It is the area of the iris outside the collarette to the iris edge. (Where you see the iris fibers). It channels nutrients to the iris and produces the aqueous humor.

Closed Lacuna - closed on both ends; topostabile genetic marker; if dark and fiber structure is pulled down, it's more difficult to pull toxins out of a closed lacuna, and also difficult to get nutrients in.

Conjunctiva – the mucous membrane that lines the eyelids

Connective Tissue Structure – loose fibers; person would have more weakness such as spinal subluxations or organ prolapses
Contraction Furrows nerve rings – anxiety titanic subtype. They are caused by the buckling of the trabeculae in the ciliary zone due to prolonged contraction of the dilator muscle.

Cornea – transparent continuation of the sclera covering the front of the eye.

Crypt - diamond shape genetic marker; indicates long term, deeply seated toxins. This means degenerative conditions or chronic conditions. Found directly inside or outside of the collarette.

Dark signs - Over relaxed stroma – exposed stroma layer.
Gray – slight, not very significant
Dark gray – harder to resolve because of less vital force – can be inherited or be through suppression. Toxic residue in the tissues – waste deposits induce a degenerative process in the organ
White signs change to dirty white, gray, yellow or brown and become chronic Black – most degenerative and less able to dispel toxins.

Defect of substance – small crypts that look like slits or pencil points – anywhere in the iris. Indicate nutrition is poor where the sign is located
Density = Resistance = structural integrity
Dilator muscle – a highly enervated, longitudinal muscle that lies anterior to the posterior epithelium. The sympathetic nervous system moves it to dilate the pupil
Febrile Constitution – Blue white color – hyperactive, oozing

conditions; skin problems such as seborrhea.
Ferrum Chromatose - tiger striping indicates liver weaknesses, poor iron absorption
Half lacuna – in the heart area, shows muscle weakness, respiration and affects heart muscle. Respiration and/or Digestion is affecting heart muscle.
Health Equation - Physical inheritance + environment + spiritual +age = Health
Hematogenic – pure brown iris; imbalance of the blood composition, blood-making components and blood circulation.

Honeycomb Lacuna – webbing or small crypts connected together; most commonly found in the nutritive zone (pupillary zone). If dark inside, it will indicate lowered vitality where it is found; if it is found in the pancreas or liver or nutritive zone or wherever, it will be a good environment for parasites. Do parasite cleanses starting 2 days before the full moon. **Hydrogenoid** – (hydro=water so they have drainage problems and are predisposed to allergies; Tophi signify *hydrogenoid*

Inferior – at the bottom

Iris Topography of Structures and Functions
A. Pupil
B. Pupillary Border – central nervous system
C. Pupillary Zone – nutritive zone (stomach, intestines)
D. Collarette – autonomic Nerve Wreath
E. Inner ciliary zone or humoral zone – fluids, lymph and blood
F. Mid- ciliary zone – major organs and utilization zone.
G. Outer- ciliary zone – bones, skin, external blood and lymph – detoxification and

elimination
Lacunae – inherited signs of energy insufficiency that don't necessarily indicate a disease.

Leaf lacuna – a closed lacuna with veins; always found in pancreas, adrenal, gallbladder – the organs of secretion.
Light signs - show building, growth, reaction, irritability – good vital force
Lymphatic Constitution – mucus afflictions, congested lymph and predisposition to an overactive immune system.

Lipemic Diathesis or Corneal Arcus
1. Arcus Senilis, Lipemic Ring, Cholesterol Ring
2. Chemical imbalance
3. Liver dysfunction; glucose metabolism
4. Mineral deficiencies

Medusa or jellyfish lacuna – usually in bronchial, lung, kidney; thought to be cancerous sign and signifies family history of pathology in corresponding area – recommend pap smear, etc.
Medial – nasal is closest to the nose
Minor Arterial Circle (Autonomic Nerve wreath or collarette) – a vascular arterial formation in a ring around the pupillary zone – intestines and autonomic nerve wreath.
Neurogenic Structure – straight and tight fibers; physically strong

Neuronal Netting Lacuna – Fishnet ; Anxiety in when found in lung area; A "network" of fine fibers below the iris surface. Topostabile.
Open lacunae - open on the end, most often in the mucous membrane zones such as lungs, kidneys, genitalia, bronchus, throat, sinuses. Open lacunae in the heart is a genetic sign for weakness in the heart.

Over acid Constitution – light blue is the color of their eye and it doesn't change; usually problems with acidic constitution.
Perifocal lightening appears as a white band bordering a lacuna, showing inflammation in the local area of long standing
Pigments of the iris - Pigments are spots of color that increase focus on certain areas. Pigments indicate susceptibility to stress. It can be

topostabile.

1. Orange - pancreas, possible liver
2. Fluorescent orange – gallbladder, pancreas, or liver disturbance
3. Straw yellow – kidney disturbances
4. Dark brown – liver

Pinguecula – Deposit of yellow to clear fatty tissue on the sclera; disturbed fat metabolism.
Pterygium – Thickened translucent to white tissue growing over the iris believed to be caused by overexposure to sun, wind, etc. Possible fungal growth.
Pink radials (or vascularized vessels) - associated with great congestion and more weakened conditions in the particular area
Polyglandular Structure – has at least 3 lacuna attached to the collarette; reflects hormonal and endocrine gland deficiencies

Polypose lacuna – if it pushes into the collarette, it indicates intestinal polyps. Topostabile to the intestines; Also sinus problems they can sniff bayberry and goldenseal or put into the neti pot.

Posterior epithelium - darkly pigmented iris layer. It prevents light from penetrating through the iris. This black layer can also be seen in crypts, lacunae and fiber rarifications.
Pupillary border the small, darker border surrounding the border of the pupil.

Pupillary sphincter – a muscular band innervated by the parasympathetic nervous system which causes the pupil to get smaller. It is referred to as the "stomach ring" when it becomes visible through weak fibers. A white stomach ring is acid; a grey ring in under acid.

Radial Fibers – blood vessels coated with a sheath of tissue. Also called **Trabeculae. Radial Furrows** radii **solaris** – shows a decreased nerve

supply to the digestive and intestinal tract which leaves the corresponding area of the iris vulnerable to toxins.

Reflexives – white stroma fibers that are raised and protrude. They suggest an acute reaction or irritation and indicate that the body has enough energy to release toxins. Possible fevers as the body fights.

Rarefaction – open fibers, separation of fibers; indicates decreased vitality in that area, decreased *density*
Retina – extension of the optic nerve and the receptor for visual expressions
Roof tile lacuna – stair step; genetic marker. A "network" of fine fibers below the iris surface. Topostabile. A more serious sign
Schnabel lacuna or beak lacuna –abdominal area and indicates weakness of nerve supply; if it breaks through the collarette or flattens, it is more serious.
Sclera – white tissue, visible as the "eyeball"; protects the inner parts of the eyeball
Scurf Rim Constitution – dark rim on the outside of the iris; sluggish skin elimination; need to sweat.
Sectoral Heterochromia – section of opposite pigmentation in the iris; genetic marker. For example a brown sector in a blue iris
Shading – Formula: Shading=Reactivity=Vital Force. Shows the ability of the organism to react, disburse toxins, and compensate.
Stroma – iris fibers. A trabecula is an individual fiber within the stroma and they run radially.
Superior – at the top
Temporal – closest to the temple
Tobacco snuffing – little dark red- brown dots – indicate liver and are Topolabile

Topo Labile - Iris marking that indicates a weakness in specific organ but can be found anywhere in the iris. Significance is determined by its structure or color, not by location. For example, a brown pigment

indicates liver weakness, even near the heart area. **Topo Stabile -** Marking found in the iris in a specific area of the body which affects that related part of the body. In other words, a marking found in the liver area which specifically means a weakness in the liver (brown pigment)

Trabecula – (trabeculae pl.) an individual fiber within the *stroma* layer which runs radially.

Transversals - appear askew to the normal direction of fibers. They show congestion and a possible sclerotic, a hardening of an organ or tissue, especially due to an excessive growth of fibrous tissue.

Tulip lacuna – Attached to the collarette usually; but can be found anywhere – glandular problems.
Uric Acid Diathesis Subtype – elevated uric acid; ask who had gout in their family history (black cherry juice and avoid high protein meats.
Vitreous Humor – gel between the lens and the retina in the back of the eye; it is about 98% water.

White Iris Signs – show overstimulation and hyperactivity. The *stroma* (vascular) layer has become swollen because of congestion in the blood supply of the organ that is inflamed or congested.

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